2023

紅楓傳奇

Chinese Canadian Legend

堅毅造福締傳奇

CHERISH AND SHARE OUR BLESSINGS

第二十二輯 Volume 22

2023年度紅楓傳奇人物

何浩楷　醫者仁心 創造奇蹟
梁德威　寓公益服務於愛好
　　　　從未感覺苦與累
林風雲　“風雲”一路，“輕鬆”人生
蒲育惠　溫暖善良、樂觀堅強
　　　　用愛點燃身邊人的希望
丹尼爾・關-沃森
　　　　理解與尊重是和解的基石
李本媃　逆境中的璀璨人生



Chinese Canadian
Legends Association
紅楓傳奇協會

榮譽出版及發行

紅楓傳奇

Chinese Canadian Legend

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Cherish and Share Our Blessings

堅毅造福締傳奇

Chinese Canadian Legend 2023

presented by

Chinese Canadian Legends Association

Honourary Patrons

The Honourable Dr. Vivienne Poy

The Honourable Dr. Philip Lee

Organizing Committee Co-Chairs

Dennis Au-Yeung

Alexandra Ngan

Selection Committee Chair

Stanley Kwan

Editorial Committee Chair

Stephen Siu

Operation Committee Chair

Glenn Chan

President

Bammy Wong

Secretary

Viola Poon

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PRIME MINISTER · PREMIER MINISTRE

July 29, 2023

Dear Friends:

I am pleased to extend my warmest greetings to everyone attending the 2023 Chinese Canadian Legend Award Gala.

You have gathered this evening to honour the accomplishments and contributions of six Chinese Canadians who have been outstanding role models in a variety of endeavours. I extend my congratulations to this year's award recipients. Your hard work and commitment to excellence contribute to our country's prosperity and make you most deserving of this special recognition.

Canada is truly a multicultural nation, made stronger and more resilient by our diversity. I would like to commend the Chinese Canadian Legends Association for its commitment to fostering fellowship in the community. This gala offers a wonderful opportunity to set goals for a future of continued cooperation and mutual support.

Please accept my best wishes for a memorable evening and for every future success.

Sincerely,

The Rt. Hon. Justin P. J. Trudeau, P.C., M.P.
Prime Minister of Canada





中华人民共和国驻多伦多总领事馆
The Consulate General of the People's Republic of China
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贺 辞

值此2023年“红枫传奇”颁奖晚宴举办之际，中华人民共和国驻多伦多总领事馆谨致以热烈祝贺！

长期以来，加拿大广大华侨华人扎根当地、坚韧拼搏，为本地经济社会发展和多元文化建设发挥积极作用，为中加友好交流作出重要贡献，值得充分肯定。

今年“红枫传奇”奖的主题为“坚毅造福缔传奇”。在反思纪念《排华法案》一百周年之际，尤具特殊意义。“红枫传奇”奖致力于表彰旅加华侨华人中的优秀代表，相信将激励更多华侨华人不懈奋斗，在成就自身事业的同时，贡献当地社会，提升华人形象，助力中加关系发展。

祝此次颁奖晚宴取得圆满成功。



中华人民共和国驻多伦多总领事馆
2023年7月29日



Premier's Message

On behalf of the Province of Nova Scotia, it is my pleasure to extend best wishes to the Asian Business Network Association and congratulations to the award winners at this year's annual Chinese Canadian Legend Award Gala.

The Province is proud to support the Chinese Canadian community that has helped build and shape our rich cultural landscape over generations. Our diversity builds strong communities in every part of our province and across the country.

Congratulations to the Asian Business Network Association on its 22nd year of honouring the outstanding achievements of Chinese Canadians and sharing stories that will inspire future generations of leaders.

May you enjoy this year's gala, and continue to contribute, inspire, and shape the communities we love.

Yours truly,

Tim Houston

Honourable Tim Houston, M.L.A.
Premier







June 19, 2023

Viola Poon
Secretary, CCLA
violakaka@gmail.com

Dear Friends:

On behalf of the Government of New Brunswick, I want to congratulate you on the occasion of the 22nd Anniversary of the Chinese Canadian Legend Award. I would also like to extend my sincere compliments to this year's award recipients.

Thank you to the Asian Business Network Association for its commitment over the past 22 years in recognizing, celebrating and honouring Chinese Canadians who stand out as role models by making significant contributions to Canada and the global community.

Once again, my congratulations to each of this year's honorees and thank you for inspiring others by embracing the qualities of leadership, compassion, and excellence.

Sincerely,

Blaine M. Higgs

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www.gnb.ca





Premier of Manitoba

Legislative Building
Winnipeg, Manitoba R3C 0V8
CANADA

A MESSAGE FROM THE PREMIER

On behalf of all Manitobans, I am pleased to welcome all those attending the 2023 Chinese Canadian Legend Award Gala. I also extend my warmest congratulations to each of tonight's award winners.

The Chinese Canadian Legend Award is a prestigious honour that recognizes the outstanding achievements and significant contributions of Chinese Canadians to our country. Over the last 23 years, only 130 individuals have received this honour, demonstrating the distinctive accomplishments of each award recipient.

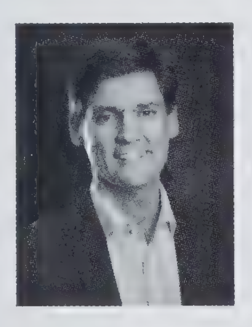
I also join my fellow Manitobans in thanking and congratulating the Chinese Canadian Legends Association for hosting tonight's event, and for its long history of promoting economic and cultural collaboration between Canada and Asia. I wish the Chinese Canadian Legends Association all the best on tonight's event and great success into the future.

Heather Stefanson

The Honourable Heather Stefanson







A MESSAGE FROM PREMIER DAVID EBY

As Premier of British Columbia, I extend a warm welcome to everyone attending the 22nd Chinese Canadian Legend Award Gala.

Since its inception, this gala has served as a beacon of inspiration, shining a spotlight on exceptional individuals from the Chinese Canadian community who have made significant contributions to our province and to Canada as a whole. This event is a wonderful opportunity to pay tribute to those who have overcome challenges, shattered barriers and blazed trails. Their successes serve as a source of pride for BC, and they inspire future generations to dream big and reach for the stars.

To everyone at the Chinese Canadian Legends Association, I express my deepest gratitude for your unwavering commitment in making this gala a resounding success year after year. Your dedication to recognizing and honouring the achievements of Chinese Canadians is truly commendable and plays a vital role in fostering inclusivity and diversity within our society.

To tonight's award recipients, congratulations on this well-deserved recognition. Your remarkable accomplishments are a testament to the richness and diversity that define our vibrant multicultural province, and they remind us all of the immeasurable value that each individual brings to British Columbia.

I wish you all a memorable and inspiring gala!

HONOURABLE DAVID EBY, K.C.
PREMIER OF BRITISH COLUMBIA







Premier of Saskatchewan
Legislative Building
Regina Canada S4S 0B3

A Message from the Premier

On behalf of the Government of Saskatchewan, I am pleased to welcome everyone attending the Chinese Canadian Legend 2023 Award Gala.

The Chinese Canadian Legend Association (CCLA) established the Chinese Canadian Legend Award as a way to celebrate and honour outstanding Chinese Canadians who have made important contributions to Canada and to the world. These individuals share a courageous spirit that truly makes them positive role models, and this year's recipients will join the ranks of 130 individuals who have received the prestigious recognition of the Chinese Canadian Legend Award since 2000. The stories that go along with these visionaries will be immortalized in the 22nd Edition of *Chinese Canadian Legend*.

I want to thank the CCLA along with the presenters, volunteers, and sponsors who have continued to make this event possible. Without you, none of this would be possible. Thank you also to the families and friends for demonstrating your support for the recipients of the 2023 Chinese Canadian Legend Award.

Welcome to all and best wishes for a memorable evening.

Scott Moe
Premier





MESSAGE FROM THE PREMIER OF ALBERTA

On behalf of the Government of Alberta, it is my pleasure to send greetings to the Chinese Canadian Legends Association's 2023 Award Gala.

Chinese Canadians have made great contributions that enrich our province and country. Alberta would not be what it is today without the talented Chinese Canadians whose brilliance, dedication and ambition helped us create one of the best places in the world to live, work and raise a family. I would like to congratulate the Chinese Canadian Legends Association for highlighting these admirable individuals for 22 years.

Thank you to the committee, board, staff, sponsors and volunteers who made this event possible. I hope everyone enjoys the gala and celebrating the incredible accomplishments of some of Canada's best.

Congratulations!

Honourable Danielle Smith, Premier of Alberta







MESSAGE FROM THE PREMIER

Thank you for the opportunity to provide a message of support for the 22nd Chinese Canadian Legend Award Gala.

The awards theme "Cherish and Share" is a fitting description. Here in Newfoundland and Labrador, after more than a century and a half, the Chinese community continues to add to the rich economic, social and cultural fabric of this province.

For the first Chinese people to make Newfoundland and Labrador home, the voyage was perilous and arduous; first crossing the Pacific Ocean, then undertaking a rail journey across one of the largest countries on earth, then boarding a ship bound for Newfoundland and Labrador, itself a vast area, larger than most countries.

Following a difficult journey, came still more challenges. While establishing their presence here, a discriminatory law made for unjust hardship; an injustice acknowledged in 2006 when the Provincial Government apologized for the Chinese Head Tax.

Yet the early Chinese settlers of Newfoundland and Labrador persevered and prospered. Today, the Chinese community in Newfoundland and Labrador is one of the largest established cultural groups; gifting a proud legacy that has helped to make us more culturally and economically diverse than ever before.

Congratulations to all the 2023 award winners, and thanks to the Chinese Canadian Legends Association for continuing the important work of recognizing and celebrating the Chinese community throughout Canada.

Sincerely,

Honourable Dr. Andrew Furey
Premier

gov.nl.ca

Newfoundland & Labrador





June 13, 2023

Greeting message – Chinese Canadian Legend Book Volume 22

I want to extend my congratulations to the six new 2023 Chinese Canadian Legend award recipients who show excellence in leadership, community building, service and compassion. The Chinese Canadian community has long contributed to the social and economic success of the Northwest Territories and provide valued contributions not only to the Northwest Territories but the rest of Canada.

Caroline Cochrane
Premier, Northwest Territories



P.O. Box 1320, Yellowknife NT X1A 2L9 www.gov.nt.ca



MESSAGE FROM CO-CHAIR OF ORGANIZING COMMITTEE

"When life gives lemons, make lemonade."

Indeed, Chinese Canadian Legend award recipients are those who not only rise above challenges in face of adversity, but also cherish and share their blessings with others.

The theme of 2023 Chinese Canadian Legend is "Cherish and Share our Blessings." While we cherish the outstanding achievements and valuable contributions of distinguished Chinese Canadians by recognizing them with the Chinese Canadian Legend awards, we share their legendary stories with the hope of inspiring others to follow their paths.

人生本來就不是坦途！今年「紅楓傳奇」人物選舉，以「堅毅造福締傳奇」為主題。得獎者皆實至名歸，他們不但堅毅地成就自己，更加激勵他人，助人為樂，造福社會。

我們希望藉著舉辦「紅楓傳奇」人物選舉表揚傑出加國華人的成就和分享他們的勵志故事，啟發有志人士以他們為榜樣，跟隨他們的步伐，發揮紅楓傳奇人物那積極面對人生，逆境自強，關愛助人的精神，締造精彩的人生傳奇。

顏惠霞律師
籌委會共同主席
Alexandra Ngan
Organizing Committee Co-Chair



MESSAGE FROM CO-CHAIR OF ORGANIZING COMMITTEE

It is my great honour to co-chair the Organizing Committee of the Chinese Canadian Legend Award once again this year.

The Chinese Canadian Legend Award was organized by the Chinese Canadian Legends Association in 2000 to acknowledge the extraordinary contributions that have been made by Chinese Canadians globally, locally and within their communities and neighbourhoods.

Since the inception of this prestigious award, 130 individuals have been recognized for their outstanding contribution, and 21 books have been published to showcase their stories.

Each year, it becomes increasingly more difficult for the Selection Committee to narrow down the nomination list to six recipients as there are so many deserving individuals worthy of this recognition.

Tonight, we are proud to share the stories of this year's Chinese Canadian Legends. While their stories may be unique, it is their strength and determination, along with commitment to community or profession that has made each of them truly worthy of this distinguished recognition.

It is my hope that the theme of this year's Gala event "Cherish and Share our Blessings" will remind us to cherish life's many blessings and continue nurturing future generations to follow suit.

In closing, I would like to extend my sincere thanks to all of the committee members and volunteers that make the Chinese Canadian Legend Award a great success year-after-year. Your commitment and dedication will ensure that this prestigious event continues for many years, and future generations are empowered to follow in the footsteps of all Chinese Canadian Legends.

Dennis Au-Yeung
Organizing Committee Co-Chair



MESSAGE FROM CHAIR OF SELECTION COMMITTEE

The Chinese Canadian Legend Award is privileged to be broadly recognised year after year as one of the distinguished symbols of service excellence in Canada. This prestigious award is bestowed annually on Chinese Canadians who have made tremendous contributions to our communities and who will also set as examples for others to follow their footsteps.

For 2023, many nominations were received from across the country from various community leaders and volunteers. We thank them all for their continued support of this program.

Upholding the critical values of integrity, impartiality, thoroughness, and confidentiality, the Selection Committee comprising 22 members diligently studied and reflected on this year's award nominees and their unique life experiences which enabled their extensive contributions to society in the local community, of our country, or globally. The use of concealed nominee names, and an independent auditor who scrutinized the selection process, ensured objectivity through the process and compliance with our diversity and inclusion policy. We trust the confidence from stakeholders in our selection process has been maintained.

In this book, the amazing stories of this year's six award recipients are told. These six community leaders, being our precious role models, hope their actions will inspire and motivate many others around them to similarly pursue a path of making this a better world for everyone.

Stanley Kwan, FCPA, FCA, MBA
Chair Selection Committee



MESSAGE FROM THE PRESIDENT

This has been yet another year of exciting development and renewal for Chinese Canadian Legend (CCL) Award. With our long-standing vision and mission to promote and recognize the achievements and contributions of Chinese Canadians, we also constantly explore new ways and means to organize and present the Award, forging forward with the changing times and rising above challenges foreseeable or unforeseeable.

Along the way, we are grateful to work with honourable members of the advisory committee, as well as past Award recipients who would offer their unwavering support and invaluable wisdom in the most timely and gracious manner.

We are also proud of our dedicated, talented team members and volunteers who are always ready and willing to go the extra mile, work extra hours, reaching above and beyond to put together the most spectacular event. I believe you can see with your own eyes and hear with your own ears all the wonderful fruits of labour as we gather to celebrate at our Award Gala.

Hailing our 22nd Award theme, we "Cherish and Share our Blessings" to present one of the most prestigious, influential and distinctive awards in Canada, we also cherish all the support, participation and recognition from the Chinese and multicultural community over the years. By coming together, we could foster unity with diversity, respect and understanding among different communities. During this challenging time, there's nothing more important than sharing and caring for our community.

Last but not least, I'd like to congratulate all the Award recipients this year on their uniquely exemplary models of achieving excellence, despite adversity and limitations. They represent how different generations of Chinese immigrants have strived, survived and thrived in their own arena while giving back in many different areas. Much like the spirit of CCLA, their legacy and stories will be an inspiration for eras to come!

Bammy Wong

President
Chinese Canadian Legends Association



MESSAGE FROM CHAIR, EDITORIAL COMMITTEE

Set to create more legends

July is the ideal time for us to hold the Chinese Canadian Legend award presentation ceremony as Canadians from coast to coast are coming together to celebrate Canada's "Unity in Diversity", "Multiculturalism" and commitment to "Inclusivity".

In his 2023 Canada Day message, Prime Minister Justin Trudeau described Canada as "the envy of the world." He said, "Wherever our flag flies, it's recognized as a symbol of democracy, of freedom, and of hope."

To people in the Chinese community, it is also the time for us to commemorate the national historic significance of the Chinese Exclusion Act, the tragic injustice that Chinese Canadians suffered from. The Exclusion of Chinese Immigrants from 1923-1947 was a painful era in our history marked by institutionalized racism.

About 17,000 Chinese men worked on the western section of the Canadian Pacific Railway in perilous conditions from 1881 to 1885. At least 600 of them died during the construction of the railway that ultimately played an important role in the expansion of Confederation.

None of these Chinese workers were featured in the famous "Last Spike" photograph upon the railway's completion. Instead, a head tax was imposed shortly afterwards to discourage more Chinese from immigrating to Canada. On July 1, 1923, the Chinese Exclusion Act became law. For more than 20 years, it banned Chinese immigration to Canada and separated hundreds of families.

"This is probably one of the worst laws ever passed by the Parliament of Canada, targeting a specific racial group for near-total exclusion of entry into the country," said Senator Yuen Pau Woo, a 2018 recipient of the Chinese Canadian Legend award.

The implementation of the exclusion act and its later dismissal serve as a reminder for the importance of community strength. As Chinese Canadians, it is important for us to acknowledge and learn from this bitter chapter in our history. By educating ourselves and others about the discrimination that Chinese Canadians faced in the past, we can better understand their root causes and work to prevent it from happening again.

Everyone has a role to play in spreading the "Anti-racism, Equity and Inclusion" message. During my presentation at the Asian Heritage Month's opening at the University of Toronto last May, I also encouraged people to discuss issues of racism and system barriers that exist for marginalized and racialized groups of Canadians.

While reflecting on the importance of combating anti-Asian racism today, we are delighted that over the last 22 years, we have identified 130 legendary figures of Chinese descent who have contributed in various aspects to the development of Canadian society.

They exemplify both Canadian and Chinese values and work to continue building a united and inclusive society, contributing towards a better future for our generations to come while celebrating our differences.

Many Chinese Canadians suffered in our dark past, but we have also withstood incredible challenges throughout our history with bravery and resilience. We will continue to do so by staying true to our common values.

Let us follow the footsteps of all these 130 Chinese Canadian Legends to make Canada, as our Prime Minister said, "a country where you're free to be who you are and love whom you love, where everyone has a real and fair chance at success, and a country where we acknowledge historical wrongs and learn from the past in order to build a better future – for everyone."

Stephen Siu
Chair, Editorial Committee

紅楓傳奇協會
CHINESE CANADIAN LEGENDS ASSOCIATION

Advisory Committee

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	Lusan Li
	Dr. Ying Lu
	Kenny Wan

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	Marianne Siu
	Camilla Tong
	Teresa Tsui
	Connie Woo



The mission of Chinese Canadian Legends Association (CCLA) is to promote and facilitate intercultural understanding and mutual respect for diversified communities; to promote and recognize the achievements and strengthen the contributions of Chinese Canadians.

It was established in 2019 to carry on the work of Asian Business Network Association (ABNA) in organizing the Chinese Canadian Legend Award. In 2000, ABNA initiated the Award to recognize and honour Chinese Canadians who have attained outstanding achievements and significant contributions to our global community and Canada.

With the acknowledgment, participation and support from awardees and community over the years, the Award itself has become one of the most prestigious, influential and distinct awards. Taking into consideration well-meaning suggestions and the nature of the Award being more literary than business-oriented, CCLA was formed to dedicate to its own cause.

Each year, award recipients receive accolades with the presentation of an award at the Award Gala and their inspiring stories are published in the Chinese Canadian Legend book series.

This collection of books is being kept in the Richard Charles Lee Canada-Hong Kong Library at the University of Toronto, as well as the libraries at University of Ottawa, University of British Columbia, Simon Fraser University, University of Victoria, McGill University and most universities in Hong Kong.

歷屆紅楓傳奇人物

AWARD RECIPIENTS

Chinese Canadian Legend 2000 - 2022

2022
陳林瑞玲 Arlene Chan
吳振紅 Chan Hon Goh
梁立安 Danny Leung
盧少峯 Selwyn Lo
譚詠詩 Theresa Tam
黃明亮 Lenny Wong

2019
陳琛儀 Sam Chan
關志恒 Keith Kwan
關永添 Tim Kwan
李亮漢 Robert Lee
岑穎幹 Dominique Shum-Tim
武冰 Bing Wu

2018
陳飛鵬 Gabriel Fai Pond Chan
章曼慧 Angela Man-Wei Cheung
勵文灝 Irwin Li
黃黎浣纖 Susan Wong
胡元豹 Yuen Pau Woo
余瑞心 Winnie Yu

2017
陳家諾 Arnold Chan
陳聖源 Shaun Chen
何鴻毅 Robert H. N. Ho
許湯娛英 Shirley Hoy
李治平 Chi Ping Lee
施永輝 Benson Sy

2016
何志立 Sunny Ho
鄺國雄 Alan Kwong
郭清華 Annie Kwok
黎瞻遠 Jim Yuan Lai
劉聚富 Arthur Lau
鮑胡嫈儀 Teresa Woo-Paw

2015
陳秀蘭 Helen Chan
張明瑞 Thomas Chang
陳漢忠 John Chen
顏質燦 Chit-Chan Gunn
侯伯治 Alec Hou
李秀梅 Ida Li

2014
覃潤瓊 Grace Chum
黃思聰 Stephen Hwang
黎全恩 David Chuenyan Lai
林重慶 Victor Ling
吳慶華 Royson Ng
源植勉 Peter Yuen

2013
陳志勳 Tung Chan
郭劍民 David Kuo
梁斐生 David Liang
吳祖 Joseph Ng
伍雋雄 Justin Poy

2012
周志明 Chi-Ming Chow
余嶽興 Joseph N.H. Du
李焯芬 Chack Fan Lee
李安邦 Jack Lee
蕭錦榮 Michael Siu
黃嘉勝 Albert Wong

2011
郭詠觀 Jason Kwok
彭純 Chun Peng
徐立之 Lap Chee Tsui
巫柏齡 Gordon Moe
蘇凌峰 Stanley So
楊龍寶娟 Judy Yeung

2010

李紹麟	Philip Lee
李金艷	Jinyan Li
路明光	Mingguang Lu
伍衛權	Neville G. Poy
黃永忠	Andrew W. Wong
周松年	Songnian Zhou

2009

陳萬華	M. K. Luk Chan
蔣羅婉筌	Audrey Chiang
邱映明	James Chiu
馮翁惜卿	Mina Yung-Fung
利德蕙	Vivienne Poy
蕭顯揚	Stephen Siu

2008

陳偉才	Glenn Chan
李趙素芳	Lusan Li
陸春雲	Frank Luk
何國慶	Gary Ho
盧英	Ying Lu
蔣薇	Amy Tjen

2007

張培德	Peter Pai-Tak Chang
洪嘉良	Collin Hong
李廖淑英	Maggie Suk Ying Lee
麥德華	Tak-Wah Mak
莫樹錦	Tony Shu Kam Mok
溫建業	Kenny Wan

2006

許志榮	John C. Hui
吳永光	Nelly Ng
黃綺銖	Judy San
徐惠芬	Viginia Tsui

2005

歐陽健昌	Dennis Au-Yeung
古偉凱	Tony Ku
封賴桂霞	Cynthia Lai
林鳳輝	Fung Fai Lam
梁健文	John Leung
伍啟榮	Albert Kai-Wing Ng

2004

陳慧	Emillie Chan
張德龍	Peter Cheung
鄺雷翠玲	Bernice Louie Kwong
文錫輝	John Man
朱碧芳	Rita Tsang
韋秀嫻	Winnie Wei

2003

方君學	Johnny Fong
張明達	Ming-Tat Cheung
劉秉純	Benson Lau
梁渙釗	Allen Leung
梁顯平	Albert H. P. Liang
顏惠霞	Alexandra Ngan
蘇家俊	Ron So
黃陳慧文	Agnes Chan Wong
黃陳曼麗	Florence Chan Wong

2002

馮紹傑	Ambrose Fung
關保衛	Stanley Kwan
賴德梧	Tak Ng Lai
羅志勤	Michael Lo
麥朝彥	Andre Mak
黃朱珍妮	Jenny Wong

2001

陳志尚	Jimmy Chan
伍卓生	Hughes Eng
黎炳昭	Michael Lai
李基傑	Ki Kit Li
林立	Don Lim
徐惠芳	Teresa Tsui
黃家海	Joseph Ka Hoi Wong
袁海耀	Alexander H. Yuan

2000

陳淑煥	Agnes Chan
方黃慧蕾	Alice Fong
高張愛絲	Alice Ko
陸郎毅	Helen I. Lu
王裕佳	Joseph Y. K. Wong
黃振聲	Phoebus Wong
黃志華	Tony Wong
阮啟剛	John Yuen

Themes of Chinese Canadian Legend since 2007

2007 缘繫加港缔傳奇
It's all in "The Spirit"
Whenever the Spirit Glows, the Legend Grows

2008 憑愛心缔傳奇 賦生命予意義
Where there is Love, there is Life

2009 點燃希望缔傳奇
Illuminate Hope

2010 乘風破浪覓理想 情繫楓橋缔傳奇
To Bridge……

2011 明德格物缔傳奇
A Man without Virtue is like A Candle without Light

2012 摘星圓夢缔傳奇
Wish upon a Star
Make your Dreams come true

2013 鼓舞人生缔傳奇
Drumming up the Spirit of Life

2014 鳳凰展翅缔傳奇
Phoenix Reborn, the Legacy Goes on……

2015 活出彩虹缔傳奇
Over the Rainbow, the Legend Glows

2016 華麗轉身缔傳奇
Change with Change to Succeed

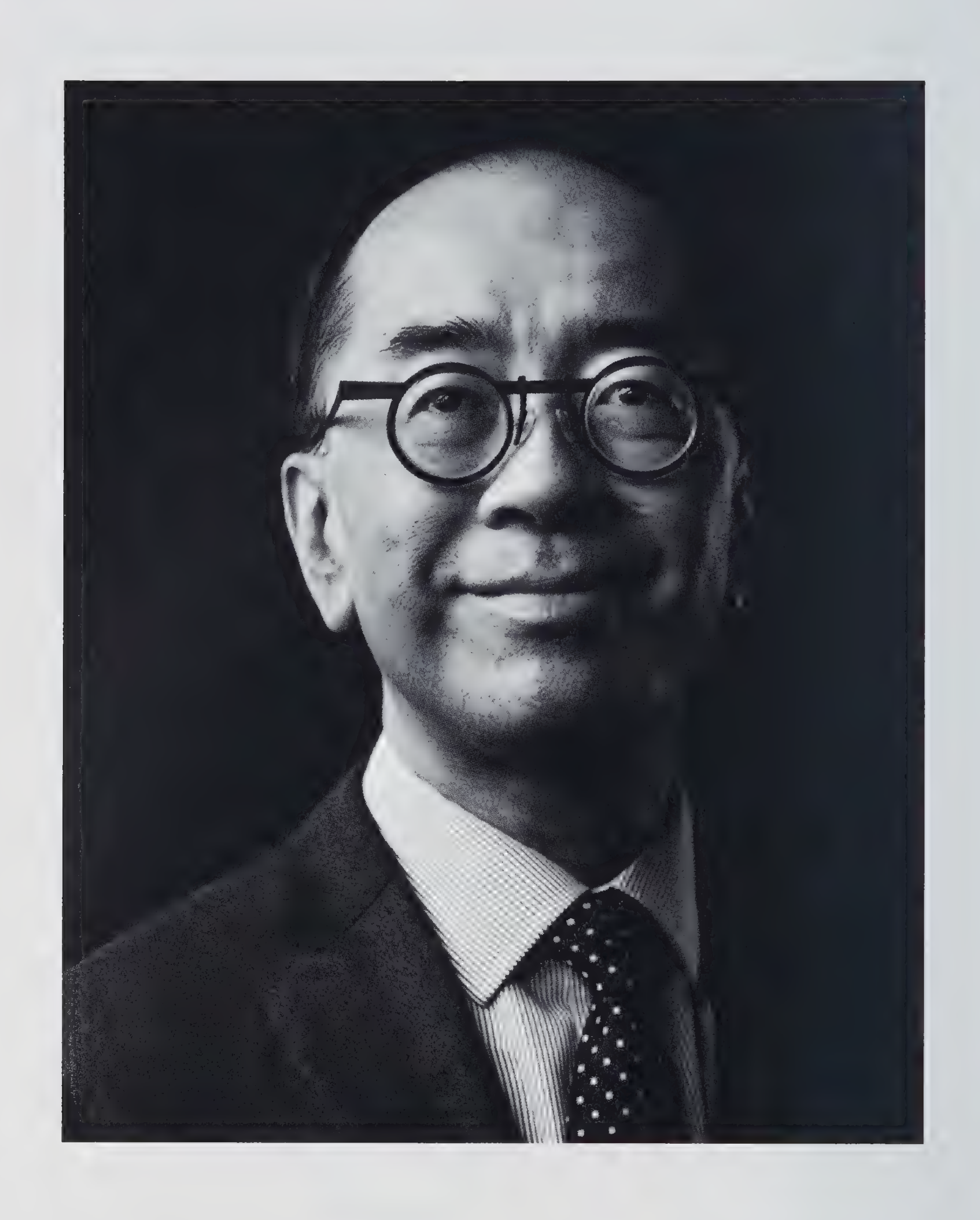
2017 情繫家國缔傳奇
Our Country, Our Legends

2018 你我同心締傳奇
You and Me - Let's Make Legends Together

2019 红楓精神永延續 跨越廿載締傳奇
Into a new era, on with the Legends

2022 泰然處逆懷希望 以愛為綱締傳奇
Life goes on, Love wins all

2023 堅毅造福締傳奇
Cherish and Share Our Blessings



何浩楷醫生
Dr. Chester Ho

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醫者仁心　創造奇蹟

2021年，加拿大脊髓損傷康復協會授予何浩楷醫生"創新冠軍獎"時，這樣描述何醫生："作為一名臨床醫生，何醫生不僅因其科學和專業技能受到患者讚譽，還因其真誠的善良和耐心而備受讚賞。"何浩楷就是這樣一位有仁愛之心的醫生，他的一言一行中都透露着溫和謙遜的氣質。

"慢慢"愛上康復治療

和常見的勵志故事不一樣，何浩楷走上從醫之道的過程顯得有些平淡無奇。他不是自幼立志攻克頑疾的天才少年，而是如同"慢熱"的紅泥火爐一樣慢慢燃起對醫學的熱愛，但這份熱愛燃起來後就恆久而穩定，引領他在醫學領域不斷突破局限和創造奇迹，成為同行、病患及社區都敬重和愛戴的醫生和科學家。

何浩楷1967年生於香港一個和睦家庭，從小接受良好教育，15歲前往英國讀高中。像很多傳統中國家庭一樣，父母熱切希望他從醫。他以優異成績畢業，獲得獎學金到劍橋大學讀醫學專業。但在最初修讀基礎課程時，他的內心尚不確定自己是否適合這個職業。直到進入臨床培訓階段開始接觸病患者時，他才發現，原來當醫生真的很契合自己。

在劍橋大學醫院培訓時，何浩楷曾跟進一位患者的康復治療。那位患者在一次中風後喪失了語言和行動能力，這對他和家人的心理和生活都造成巨大打擊。對多數專科醫生而言，他

們關注的往往是人體中的一部分器官或系統。但對病患者和他的家人而言，不能恢復中風前的機體功能和獨立生活能力，如何談得上治癒？何浩楷深受觸動，他更願意把病患者作為一個完整的人去全面關懷和幫助他們，而不是僅局限於處理病灶。由此他決定將康復治療作為自己的專業領域。

輾轉從醫路

何浩楷在劍橋大學醫學院就讀期間，他的家人移民北美。父母到了加拿大，姐姐和妹妹都到了美國。為了能和父母團聚，從劍橋畢業後他申請了多所加拿大醫療機構住院醫師的位置。遺憾的是他的申請全都如泥牛入海。因為當年加拿大醫科畢業生數量多於住院醫師培訓名額，加之上世紀90年代初，加拿大遠不如今天這樣注重多元和包容，所以儘管有世界頂級院校的醫學博士（MD）背景，何浩楷卻連與加拿大本地畢業生公平競爭的機會都沒有。

無奈之際他轉向美國，得到哈佛大學醫學院/斯波爾丁康復醫院的住院醫師培訓機會。因為表現出眾，他被選為首席住院醫師。之後他又在新澤西醫學與牙科大學/凱斯勒康復研究所接受了脊髓損傷醫學的專科培訓，成為在物理醫學與康復治療和脊髓損傷兩個領域都得到美國醫學專科委員會認證的醫生。

培訓結束後，何浩楷憑藉出色的能力得到俄亥俄州克利夫蘭退伍軍人事務醫療中心的工作機會。他原打算在克利夫蘭過渡一段時間就到加拿大與父母團聚，未曾想一待就是十一年。

成為脊髓損傷康復治療專家

作為美國退伍軍人事務部旗下的醫療中心之一，克利夫蘭醫療中心是一所醫療和研究並重的世界頂級醫療機構，以領先的醫療技術和患者至上的理念聞名於世。這裡也是世界最先進的功能性電刺激（FES）中心所在地，科學家們在這裡研究和利用小電脈衝激活脊髓損傷者的特定肌肉和神經，幫助他們恢復肌體功能。這個職位正好符合何浩楷同時從事臨床治療和醫學研究的理想。

在克利夫蘭，何浩楷得到充足支持。他和世界上最優秀的醫學專家一起，治療脊髓損傷患者的同時，研究幫助他們恢復獨立生活能力的辦法。2006年，他成為克利夫蘭醫療中心的脊髓損傷科主任。

憶起在美國的歲月，何浩楷念念不忘當年的恩師：哈佛斯波丁康復醫院的理療師戴維・伯克醫生（David Burke），凱斯勒康復研究所的脊髓損傷康復治療專家史蒂夫・克斯伯勒姆醫生（Steven Kirshblum），以及克利夫蘭醫療中心的神經內科專家羅伯特・拉夫醫生（Robert Ruff）。何浩楷說："他們是那麼聰明過人的專家，但卻如此謙遜。他們以身作則，教會我如何傾聽和與病患交談，讓我學會如何關愛病患者。"

創造醫學奇迹

2011年，何浩楷已成為脊髓損傷康復治療領域頗有建樹的專家，當年對他緊閉大門的加拿大醫學界向他伸出橄欖枝——

艾伯塔省卡爾加里大學卡明醫學院聘請他擔任物理醫學和康復科負責人。為了離父母近一點，何浩楷決定接受這個職位。

在卡爾加里，何浩楷見到一位頸部以下完全癱瘓且24小時戴着呼吸機的患者。這位患者自從一次事故導致癱瘓後就長年臥床，從未接受過康復治療，甚至未離開過療養院。加拿大醫療機構的康復專科通常不接收戴呼吸機的病患，但惻隱之心讓何浩楷決定幫助這位患者，他深信通過適宜的治療和設備，可以大幅改善這位患者的生活質量。

他引入相關技術，通過微創手術給病人體內植入隔膜起搏器，使病人能夠脫離呼吸機自由呼吸，並且可以進食真正的食物。這是艾伯塔省首次植入隔膜起搏器的病例。他又通過理療讓患者能夠自己駕駛電動輪椅活動，患者得以坐輪椅和家人一起去看電影。這些普通人習以為常的小事，對被困病床多年的病患者及其家人而言卻是此前不敢奢望的奇迹。何浩楷由衷地為病患者和他的家人感到高興。

2017年，艾伯塔大學聘請何浩楷擔任物理醫學和康復系教授、系主任和首任脊髓損傷研究主席。他還兼任加拿大最大的康復醫院之一——格蘭羅斯（Glenrose）康復醫院的醫療主任。在埃德蒙頓，他帶領團隊繼續創造醫學奇蹟。他通過6個多月的治療讓一位由於飛行事故導致雙腿癱瘓的病患重新站立和行走，如今這位患者甚至可以無需藉助拐杖就能行走。

致力推動社區創新改變

除了臨床治療和研究工作，何浩楷還領導多個省級和聯邦衛生服務的政策制訂或指導委員會工作。作為艾伯塔省神經科學、康復與視覺戰略衛生網絡（NRV SCN）的高級醫療主任，他領導了多項臨床治療途徑的開發和創新實施工作，包括推出長新冠後遺症的康復治療戰略，艾省因此成為在這方面領先全國的省份之一。

他與非盈利機構合作，為卡加里的FES項目籌款，讓當地醫院和社區共同合作為脊髓損傷及神經系統紊亂患者提供FES腳踏車訓練，這個項目模式在加拿大屬於首創，它起到成功的示範作用，帶動其他地區也建立起相似項目。何浩楷還積極推動艾省住房標準的改進，借鑒成功的國際經驗，使艾省新建住房能更好地滿足殘障人士的特殊需求。

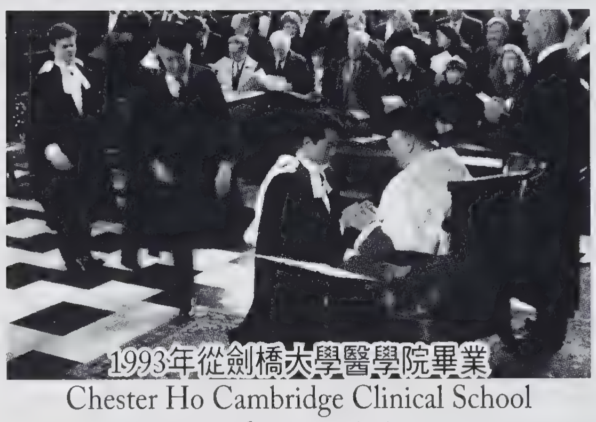
憑着對病患的真誠關愛和對醫生職業的恆久熱情，何浩楷持續不斷為脊髓損傷患者的未來帶來創新型改變，但他始終保持着謙遜，把患者當作給予自己啟發的老師。當他在指導年輕的住院醫師時，除了向他們傳授醫學知識，他會教給他們兩件最重要的事：其一是“以患者為中心，從患者整體角度出發對待他們”；其二是“永遠不要低估患者自身的康復潛力”。



幼時全家合照
Family pic when young



與拔萃學校的同學合照
DPS with friends



1993年從劍橋大學醫學院畢業
Chester Ho Cambridge Clinical School graduation 1993



2014年同父母和姐妹到基洛納旅遊
2014 Kelowna trip with parents and sisters



2014年同家人一起慶祝父親80大壽
2014 Dad's 80th birthday celebration with sisters in Richmond BC



2016年遊覽班芙國家公園
2016 Banff National Park Alberta



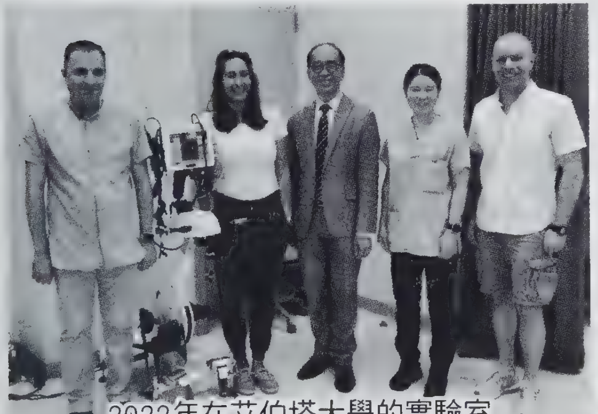
2018年父母金婚慶祝會
2018 Mom and Dad 50th anniversary celebration in Richmond BC



2005年在克利夫蘭與教會朋友
的聖誕聚會
2005 Christmas in Cleveland with church friends



2021年夏天與朋友和同事在家後園
2021 Friends and colleagues in Edmonton summer gathering in my backyard



2022年在艾伯塔大學的實驗室
2022 my lab at University of Alberta



卡爾加里大學W21C A項目團隊合影
（2015年）
University of Calgary W21C Project A team 2015-4-6



2014年與卡爾加里的同事一起去紐芬蘭省參加
加拿大理療及康復協會會議
2014 Canadian Association of Physical Medicine & Rehabilitation meeting in St Johns NFLD with Calgary colleagues and residents



幫助因飛行事故癱瘓的病人
進行康復訓練
Helping a patient with his recovery training



2019年參加“希望之夜”
Night of Hope 2019 cropped

A Kind Doctor - A Miracle Worker
—Dr. Chester Ho

When the Canadian Spinal Cord Injury Association presented Dr. Chester Ho with the Champion of Change Award in 2021, they stated "As a clinician, Dr. Ho is praised by his patients, not only for his scientific and professional skills, but for his genuine kindness and patience." Dr. Chester Ho is exactly that - his words and actions all reflect a gentle humility.

Rehabilitation Therapy "Grew" on Him

Chester's story is different from the typical inspirational story - he did not have a childhood dream of conquering chronic diseases. His passion for medicine smoldered like embers in a red clay stove, but once ignited, it grew steadfastly over time, leading to continuous groundbreaking innovations and miraculous discoveries , making him a respected and beloved doctor and scientist among the medical community and beyond.

Chester was born in 1967 in Hong Kong to a loving family. He received a good education including boarding school in Britain from the age of 15. Like many traditional Chinese families, his parents hoped that he would be a doctor. He received a scholarship from Cambridge University upon graduating from high school. He entered medical school but was unsure if that was the right

profession for him, until he began interacting with patients and realized being a doctor suited him quite well.

While training at Cambridge, Chester met a stroke patient who had lost his speech and mobility, causing much stress for him and his family in dealing with everyday life. Many specialists tend to focus on the body organ or system within their specialty. But for the patient and their family, recovery is incomplete if they cannot return to life before the stroke. Chester fully realizes this and looks at the patient as a whole person to help care for them in a holistic way, rather than by individual body functions. This is what led him to decide to devote his work to rehabilitation.

A Convoluted Career Path

When Chester was studying at Cambridge University, his parents immigrated to Canada and his sisters moved to the United States. To be closer to his parents, he applied to many Canadian hospitals for a residency position. However Canadian graduates in the early 1990s, exceeded the number of residency positions available, and perhaps because diversity and inclusiveness were less of a focus, Chester's training background from a top medical school did not even get him a chance to compete with Canadian graduates.

As a backup plan, Chester applied in the US, and obtained a residency in Physical Medicine & Rehabilitation at Harvard Medical School/Spaulding Rehabilitation Hospital. He even

became the Chief Resident. Later he completed fellowship training in Spinal Cord Injury (SCI) Medicine at the University of Medicine & Dentistry of New Jersey/Kessler Institute of Rehabilitation, and became an American Board-certified physician in both physical medicine and rehabilitation and spinal cord injury. After completing training, he obtained a position at the Louis Stokes Cleveland Veterans Affairs Medical Center in Cleveland, Ohio. He had planned to stay for a short time but was there for 11 years.

Becoming a Spinal Cord Injury Rehabilitation Expert

The Louis Stokes Cleveland Department of Veterans Affairs Medical Center is a top research hospital known around the world for its patient first philosophy and medical technology. It is a world leader in functional electrical stimulation (FES); scientists research the use of small electrical pulses to activate specific muscles and nerves in people with spinal cord injuries to help them restore body functions. It was the ideal setting where Chester could combine bedside treatment with medical research.

In Cleveland, Chester was fully supported in his work. He worked with the best medical professionals to treat spinal cord injury patients while researching new and better ways to help them resume independent living. In 2006, he became Chief of Spinal Cord Injury.

In recalling his days in the USA, Chester remembers these mentors: Dr. David Burke, Physiatrist, at Harvard, Dr. Steven Kirshblum,

Physiatrist, at the Kessler Institute of Rehabilitation and Dr. Robert Ruff, Neurologist, at the Cleveland Clinic. He says: "They are all smart specialists but so humble. Their examples taught me how to listen and talk with patients and how to care for them."

Creating Medical Miracles

By 2011, when Chester was quite established as a spinal cord injury expert, Canada extended an olive branch to him - he was offered the position of division head, Physical Medicine and Rehabilitation at the University of Calgary's Cumming School of Medicine. To be closer to his parents, he accepted.

In Calgary, Chester met a person with tetraplegia who was on a ventilator around the clock. Since his accident, this patient had been bed-ridden, never offered any rehabilitation, never even leaving the nursing home where he now lived. Until then, most Canadian rehabilitation organizations did not treat anyone on a ventilator, but out of compassion Chester decided to help him. He believed that with the right treatment and equipment, this patient could greatly improve his quality of life.

Chester introduced diaphragm pacing to Alberta - using a key hole incision, a diaphragm pacer was implanted in the patient, enabling the patient to not only breathe on his own, but also to eat foods. This was the first diaphragm pacer implantation in Alberta. Through rehabilitation assessment and training, the patient could operate an

electric wheelchair, which he used to see a movie in the theatre with his family while he was ventilator-free. These little things that most of us take for granted, made a huge difference for this patient and his family. Chester was sincerely happy for them.

In 2017, Chester became Director, Physical Medicine & Rehabilitation, Professor of Medicine and inaugural Spinal Cord Injury Research Chair at the University of Alberta. He was also Facility Medical Director of the Glenrose Rehabilitation Hospital in Edmonton, Alberta - one of the largest rehabilitation hospitals in Canada. Here, he led his team to create even more medical miracles. He helped a person with paraplegia injured in a flying accident regain use of his legs through 6 months of therapy. Today, this patient walks without aid.

Commitment to Promote Community Innovation

Chester works with many provincial and federal health services in policy development, and sits on steering committees. As the Senior Medical Director of the Alberta Health Services Neurosciences, Rehabilitation & Vision Strategic Clinical Network (NRV SCN), he led the development of novel clinical pathways and implementation of innovations in Alberta. Under his leadership, Alberta was the first province to implement a long COVID-19 recovery and rehabilitation plan.

He worked with nonprofit organizations to raise funds to build

Alberta's first community-based FES program. This made Calgary the first in Canada to offer patients with spinal cord injuries and neurological disorders an integrated FES cycling program, and an effective demonstration site for other regions to establish similar programs. In addition, he actively promoted the adaption of international best practices in housing for people with disabilities, so that Alberta's new housing constructions can better meet the special needs of disabled people.

With a sincere concern for his patients, and lasting enthusiasm for the medical profession, Chester continues to work towards improving the future of spinal cord injury patients. In all of that, he maintains his humility, viewing patients as his inspiring teachers. He teaches his residents more than clinical knowledge. He teaches them two other important concepts: one to be patient-centric - develop holistic treatment plans from their perspectives, and two to never underestimate the patient's inherent potential to heal.



梁德威
David Leung

作者：楊笑

Writer: Lucy Yang

寓公益服務於愛好　從未感覺苦與累

從少年時期離家求學，到退休後去貧困山區助學，梁德威這一生遊歷了很多國家：最後心屬貧窮落後的中國山區，成為親身進駐貧困山區資助艾滋孤兒教育的先驅，也見證了中國從貧窮落後到發展進步的巨大變化。雖然受過傷、生過病，但他一點不覺得苦不覺得累。梁德威說，經過了十多年，最滿足就是見到涼山的教育理念和程度有著超越的進步。

梁德威1948年在香港出生，有兄弟姐妹四人，良好的家庭環境和教育培養，讓“愛”的種子深深紮根在梁德威的內心深處。

艱苦付出，奠定事業成功基礎

1974年，梁德威初到加拿大，好不容易才找到一個倉庫工作。他白天在倉庫上班，晚上進修電腦科學和會計課程，堅持了兩年之久。當公司添置了計算機並需專人管理操作的時候，梁德威主動跟老闆自我推薦，靠著專業知識和勤奮，得到了這個機會，工作發展漸入佳境。

隨著專業知識與技能的累積，梁德威找到了更適合發展的專業工作，成為一家軟體公司的計算機分析員。這份工作一干就是12年，也逐步晉升到副總裁，負責軟體的開發和客戶服務支援，每天10-12小時的工作成為日常。所幸團隊的良好運作，公司也從最初的 8 人發展壯大為 200 多人 的企業。

後來他與幾位原同事合夥成立了新的軟體公司，專門開發建築和服務行業的會計軟體。經營自己的公司不僅需要原來

的專業知識，全方位的管理技能亦給他帶來巨大壓力。好在自己和團隊在業界的聲譽良好，公司逐漸獲得越來越多的客戶信任，運作非常成功，最後被另外一家大公司收 購，給梁德威的專業事業劃上圓滿的句號。

培養年輕人，寓公益服務於愛好

音樂和攝影是David的兩大愛好，而‘寓公益服務於愛好’更是他的社會服務的動力。

梁德威自幼學習鋼琴，對音樂充滿濃厚的興趣。1980年代，他加入安省華人音樂協會，以義工的身份成為總經理，主要管理和組織多倫多華人樂團的活動，促進華人音樂發展，向社區展現華人音樂家的才華。

十多年來，梁德威幾乎是這個協會所有主要音樂會的製作人，還曾邀請當時世界知名的中國頂級音樂家包括傅聰、劉詩昆、殷承宗、許斐平、梁寧、呂思清等到多倫多演出，其中最為矚目的是，1990年作為第33屆國際“亞洲和北非研究大會”的一部分，華人音樂協會舉辦了中國當代和傳統音樂周活動，梁德威負責的三場中國音樂會在社區得到廣泛關注，「明報月刊」香港版特邀請他做專訪，大幅報導他舉辦音樂會的心得。

從1984年到1992年，安省音樂協會的運作還成功地培養了一批年輕的音樂人才，至少為五六十名年輕人提供參與音樂表演的機會。

加入福慧，改變涼山一代人的生活方式

2005年梁德威從工作中退休了，但他全情投入的慈善事業才剛剛拉開序幕。

他與福慧教育基金會的先鋒隊一起前往中國四川涼山，沒想到在那裡梁德威掉淚了。涼山地區真窮真落後啊，更令人痛心的是很多孤兒和女童無學可上，看不到未來的人生希望。他想幫助這些孩子去讀書、去改變生活，於是加入了福慧，開啟四川山區的助學之旅。

當時四川山區缺少的並不是學校而是學生。當地的彝族家庭對讀書的興趣不大，特別是孤兒和女童的家長和監護人，與其送孩子讀書還不如讓他們幫忙幹活，福慧決定挨家挨戶走訪，說服這些學生家庭。

自古有蜀道難難於上青天之說，在四川山區家訪的困難可想而知。山區居民住的比較散，各家各戶之間距離比較遠，而且山路難走，梁德威就靠雙腳一走幾個小時。他的誠意終於打動了這些家庭，答應送孩子去學校讀書。

梁德威說，自己一直有捐款的習慣，但要想幫助這些孩子，只靠捐款不是最有效的，他們更需要關心、鼓勵。所以他每年都會親自到涼山探望孩子們。涼山作為當時中國最貧困山區之一，福慧是少有的幾個進山開展孤兒教育資助的先驅隊伍。而梁德威作為福慧的副會長、團隊的核心成員，除了每年兩次的常規探訪，加上特別安排的學生出遊、家訪等活動，過往 18 年他共自費前往探訪30多次。

身受重傷，忍痛參加女子班畢業典禮

在涼山助教當然不會輕鬆，梁德威雖然爬過危險的山，走過危險的路，但沒想到自己會在涼山受傷。

2012年女子班畢業典禮的日子，梁德威在清晨不小心跌了一跤，他費了很大的力才站起來，但後背劇痛。但他依然忍痛參加了畢業典禮，看到一個個畢業生歡喜的面容感到無比欣慰。強烈的痛楚襲來，他再也忍不住了。同事立即安排車子送他去醫院。山路十分顛簸，兩個小時的車程如臨酷刑煎熬。終於到了醫院，一檢查才知道是肋骨骨折，在醫院裡住了四天，又養了很長一段時間身體才轉好。

還有一年，梁德威從涼山下來剛到達香港就暈倒了，原來是因為涼山的飲用水不衛生，螺旋桿菌引發了胃潰瘍。這一次他又住了三天醫院。

梁德威雖然經歷過受傷及生病，但他說自己一點也不覺得苦不覺得累。難能可貴的是梁德威的家人雖然很擔心他的身體，依然對他的公益善行十分支持，太太也先後三次跟著梁德威前往涼山，探望和資助這些失學兒童。

為涼山留下寶貴的影像資料

作為福慧“御用”的攝影師，梁德威走過最深最遠的山路，到過最貧困的地區，用鏡頭記錄每次探訪的歷程，並分門別類整理歸檔。福慧所有的宣傳活動都離不開梁德威拍攝的照片，他在涼山拍攝的照片超過10萬張，記錄了福慧完整的助學旅程。

隨著資助學生的增加，梁德威又主動承擔起畢業生動向的收集工作，花費大量的時間建立畢業生通信群組， 盡力追蹤畢業生動向。他建立的資料庫保存了過萬名學生的最新情況，隨時隨地就能與福慧同仁娓娓道出某個學生的最新消息，並找出學生的照片對照說明。

梁德威非常疼愛學生，他自己熱愛攝影，對喜愛攝影的學生也給予最大的幫助。他會收集相機帶給學生練習拍照，並耐心傳授技巧，教會學生捕捉生活的美好。日常與學生的聯繫溝通會留意學生所需，探訪時為他們特意準備。梁德威對孩子們真誠而深厚的關愛贏得了學生們的愛戴，成為無人不知的梁叔叔。

梁德威説，經過了十多年，最滿足就是見到涼山的教育理念和程度有著超越的進步，國家的脱貧措施也改善了農村的生活水準，今天的涼山不是十八年前所目見的了。

如今福慧把目光轉回到加拿大的原住民社區，計劃為原住民學生援建圖書館，為優秀學生提供獎學金。梁德威是一個溫文而謙卑的人，除了福慧之外，他還參與了社區不少其他慈善活動，出錢又出力，只是他極少向旁人談及，只是默默地用行動和善良闡釋著公益的意義。



十歲時於香港電視表演
Performance at 10 on Hong Kong televsion



聖誕節全家合照
Christmas family gathering



和兩個女兒一起
With my two daughters



家庭音樂聚會
A family music gathering



給小學畢業班一些建議和鼓勵
Giving advice to primary school graduating class



介紹給勵志班福慧的成員
Showing our Elite class the members of Fuhui



與會理女子班合照
With the Huili all girls class



與小學生玩遊戲
Playing games with primary school student



與中學生交流
An exchange with middle school students



給一位很小的小學生一些指點
Give some encouragement to a very young student



給一位小學生一些鼓勵
Encouraging a primary school student



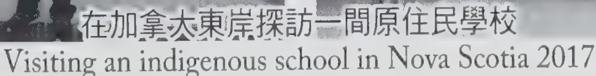
在中國探訪老人院
Visiting an old age home in China



2017年赴海地進行人道主義援助
Humanitarian work in Haiti 2017







在加拿大東岸探訪一間原住民學校
Visiting an indigenous school in Nova Scotia 2017

Tireless Charity Work Powered by Love
– David Leung

From studying abroad to helping impoverished children's education post-retirement, David Leung has travelled to many countries in his life. A poor under-developed mountainous region in China tugs at his heart the most, when David became one of the pioneers to help AIDS orphans with getting an education. In the process, he has also witnessed tremendous progress in China. Injuries and illness did not discourage him. David says that the most satisfying part is seeing the great improvement in Liang Shan's educational strategy and standards in the past almost two decades.

David Leung was born in 1948 in Hong Kong. He has four siblings and grew up in a stable home environment and enjoyed a good education. That was where the seeds of love were firmly embedded in his soul.

Hard Work - Foundation for Success

When 26 year-old David first arrived in Canada in 1974, he struggled to land a warehouse job. While working full time, he studied computer science and accounting at night for two years. When his employer purchased a computer and needed someone to operate and care for it, David saw his opportunity and offered his services. This began his information technology career.

As he gained skills and work experience, David continued to develop and grow in his profession, becoming a computer analyst for a software company. After 12 years, David was the vice president responsible for software development and client support, working 10-12 hours a day. With the team's good performance, the company grew from an eight-person start up to an organization with over 200 employees.

Later, David partnered with several colleagues to form their own software company, specializing in construction and service industry accounting software.Running a business required more than technical knowledge, overall management of the business brought tremendous pressure. Fortunately David and his team enjoyed a good reputation, gaining more and more clients' trust. The company did so well that it was acquired by a larger competitor, thus concluding David's professional work life.

Nurturing Youth - Integrating charity Work into his Hobbies

Music and photography are two of David's great loves. Integrating charity work into his hobbies is a key motivator for him.

David has played piano from a young age and his love for music has been a constant. Since joining the Ontario Chinese Music Association in the 1980s, he became its volunteer general manager and has produced and organized numerous Toronto Chinese Choir activities to promote Chinese music and profile musical talents to the community.

For more than ten years, David has been a key concert producer for the association. Over the years, many top Chinese musicians including Fou Ts'ong, Liu Shikun, Yin Cheng Zong, Hsu Fei Ping, Liang Ning, Lu Siqing were invited to perform in Toronto. Most notably, at the 33rd international "Asia and North America Conference" in 1990, David produced 3 Chinese music concerts that garnered much media attention, including an exclusive interview by Hong Kong Ming Pao to discuss his experience. From 1984 to 1992, the Ontario Chinese Music Association profiled 50-60 young musicians to help launch their performing careers.

Transforming a Generation in Liangshan as a member of Fu Hui

When David retired in 2005, he turned his attention to charity work full time.

When David went to Liangshan in Sichuan, China with leaders of the Fu Hui Education Foundation, he couldn't hold back his tears.The mountainous area was so poor and so backward. Most heartbreaking was the number of orphans and girls who were not in school, with no promising future to look forward to. He wanted to help them go to school, change their lives, so he joined Fu Hui to begin the education aid journey in Sichuan.

At the time, the region did not lack schools, but it lacked students. The Yi ethnic minority families were not interested in education, especially the parents of girls and guardians of orphans.They preferred to send the children to work. So Fu Hui volunteers did

home visits to persuade these children's families.

These home visits were particularly challenging. The families lived in dispersed mountainous areas, often requiring many hours of travel on foot over rugged terrains. David's sincerity paid off, and families agreed to send their children to school.

David said he was used to making donations to help, but cash donations alone would not be effective. The children also needed encouragement and care. So every year, David made trips to Liang Shan to visit the children. As one of the poorest areas in China, Liang Shan did not receive much support at the time. Fu Hui was one of only a handful of organizations supporting these orphans' education. As Fu Hui's vice president and key visiting team member, David visited twice annually with a group of volunteers. In addition, he coordinated field trips, home visits and other activities for the students, visiting the region over 30 times in 18 years, at his own expense.

Painful Graduation

As difficult as the terrain was, David never expected to get hurt in Liangshan.

Early morning of graduation day for the girls in 2012, David had a tumble. Though he managed to pick himself up, his back was in severe pain. But he still attended the graduation ceremony; to see each graduate's beaming face was extremely gratifying. When the

pain persisted he was taken to the hospital. Those two hours in the car driving over bumpy roads was excruciating. At the hospital he found out he had fractured his ribs which required a four day stay in the hospital and a rather lengthy recovery period.

In another year, David fainted as he arrived in Hong Kong from Liangshan. He was diagnosed with an ulcer caused by helicobacter pylori bacteria from contaminated water in Liang Shan. That time he was in hospital for 3 days.

Despite injuries and illness, David said he never felt any hardship. More importantly, even though his family was concerned about his well being they were always supportive of his volunteer work. His wife even accompanied him to Liangshan on three trips.

Precious Liangshan Photographic Memories

As Fu Hui's "official" photographer, David has documented his many journeys deep into the mountainous, impoverished areas with his camera. He has painstakingly cataloged them. All Fu Hui activities have been captured by David who has chronicled Fu Hui's education aid experience in over one hundred thousand photographs.

As the number of students receiving aid increased, David took on the responsibility of documenting achievements of the graduates. He built a database of the latest updates and photographs of over ten thousand students, readily retrievable by Fu Hui colleagues.

David loves the students, and he loves photography. Whenever students expressed an interest in photography, he was quick to support their interest. He brought cameras on his visits so students could practice with them. And he patiently mentored them to capture memorable moments in their lives. In his regular interactions with the students, David paid close attention to what the students needed and always made sure he would bring the items with him on his visits. His sincere and deep concern for the students was reciprocated, making him a beloved Uncle Leung.

David said that in the almost twenty years working with Fu Hui, he is most gratified to see the exceptional progress in Liang Shan's educational strategy and standards and the country's poverty alleviation program that has improved standard of living in the region. Today's Liang Shan is very different from that of eighteen years ago.

Currently, Fu Hui has shifted focus to Indigenous communities in Canada, helping with establishing school libraries, and creating scholarships for outstanding students.

Besides Fu Hui, David is involved in many other charitable activities in the community. He gives generously of his time and money but he doesn't like to talk about that. He exemplifies beneficence through his actions and kindness.



林風雲
James Lin

作者：金綺文
Writer: Annie Qiwen Jin

"風雲"一路，"輕鬆"人生
—林風雲

在多倫多華人社區，林風雲（James Lin）這個名字幾乎無人不曉。上世紀八十年代起，他就深耕於華文傳媒領域，華人社區但凡有影響、有意義的大小事件背後都有他的身影。因此當胡子修參議員向非華裔人士介紹林風雲時總會說："華人社區的一半人James都認識，另一半都認識他。"

華媒採訪記者第一人

生於1951年的林風雲，從台灣中國文化大學新聞系畢業後，在台灣當了三年記者。那期間他採訪過李登輝、蔣經國等人。在後者出席的一次活動上，林風雲為拍照站到前排，被過度反應的侍衛將相機打落，這一幕被蔣看見，立即過來道歉。時隔40多年，林風雲仍清楚記得這件小事。

很多人以為林風雲是來加拿大後，到喬治布朗學院修讀了印刷攝影，然後才開始兼做新聞攝影的。但林風雲透露，其實他在拍攝照片和錄影方面是有家學淵源的。林父原是台灣藝術大學戲劇系主任，知名導演李安曾是他的門生，紅遍兩岸三地的明星歸亞蕾、侯孝賢等也出自林父門下。在父親熏陶下，林風雲自小就會擺弄各種相機和攝影機，為他成為既能寫文章又擅長拍攝的"文武雙全"記者奠定了基礎。

來加拿大後，林風雲進入《世界日報》擔任採訪主任、公關總監等職。那時本地華媒以翻譯主流媒體新聞為主，沒

有真正的一手報道。林風雲成為去新聞現場採訪和報道的華媒第一人。早些年沒有網絡和線上發布會，所有報道都必須親臨現場，“抓起外套和相機説走就走”就是他的生活常態。他還常去警局“蹲守”，一旦在警局發布的信息中發現有涉及華人社區的案件，就立即前去挖掘。

華社“活字典”

林風雲説：“社會新聞是最好採訪的，無非就是時間、地點、事件幾個要素，沒什麼訣竅，就是勤快二字，要多跑現場，多結交人，這樣線索就多了。”但説來簡單，做起來卻很不易。為了跑新聞，林風雲沒有白天黑夜的區別，還曾出入危險場所，甚至被黑幫毆打。他在“跑新聞”過程中結交了三教九流的朋友，這些人都成為他日後報道中的線索和素材。

三十多年前華社曾發生一起轟動全國的凶殺案。死者失蹤前一周曾參加社區音樂晚會，林風雲剛好拍攝她在活動上的照片，後來他將這些照片分享給主流媒體。隨着案情調查發展，身為失蹤者妹妹男友的嫌犯漸漸浮出水面。那時林風雲剛好回台灣去了，敏鋭的他預感到案件會有重大進展，於是整理他所了解的素材，讓多倫多的同事注意跟進警方發布的信息，共同合作發出詳盡及時的報道。林風雲在此案系列報道中的表現令他聲譽鵲起，主流媒體同行也對他刮目相看。

勤奮和敬業給林風雲帶來的收穫不僅是做出大量高質量

報道，還讓他成為華人社區的“活字典”。幾十年來，從唐人街的變遷到華人社區各團體的興起他都一一見證，他熟悉社區所有重大事件的來龍去脈，也熟識所有華社名人。到後來他去報道華社活動時，無須活動主辦方介紹就能判斷當天出席人員中的“重量級人物”，活動尚未結束就能發出圖文並茂的報道。

熱心公益　奉獻社區

談到從業40多年印象最深的採訪對象，林風雲說“陸媽媽”是他最難忘也是對他影響最大的人之一。“陸媽媽”本名陸郎毅，在華人社區有“義工王”之稱。同是來自台灣的移民，林風雲很早就認識她。陸媽媽為社區慈善事業辦活動籌款，常常“勞煩”報社，林風雲抱怨她“好煩”的同時，卻又深深為她的奉獻精神所折服。他猶記得，2013年，在“陸媽媽”生命的最後一個月，她在醫院和癌症搏鬥的同時仍在為頤康中心籌款盡力。

“陸媽媽”也是紅楓傳奇第一屆獲獎人之一。十幾年前有朋友想提名林風雲時，他總是婉拒，他覺得和“陸媽媽”等人相比，自己做的還不夠。但其實多年來，林風雲一直在為社區做貢獻。他發揮自己的專長，義務傳播和推廣對社區有意義的公益活動信息，宣揚和激勵華人的自強與奮鬥精神，鼓勵和促進華人社區與主流社會的互動融合，提升華人社區的影響力。他也多次慷慨解囊，向頤康基金會、孟嘗會、耆輝會等慈善機構捐款，並參與舉辦台灣嘉年華等社區公益活動。

他為社區公益事業做出的貢獻有目共睹，因此榮獲英女王千禧白金徽章、第七屆凱瑟琳・韋恩加拿大年度服務貢獻獎、加拿大Covid-19抗疫社區傑出貢獻獎等榮譽。今年再次有人提名他為紅楓傳奇候選人時，他終於欣然接受。

他説，在華社各類組織頒發的所有獎項中，紅楓傳奇獎是他最看重的獎項之一，因為這個獎的選拔最嚴謹，也最有意義。這次能夠獲獎他覺得特別欣慰和自豪，一方面説明他為社區的貢獻得到認可，另一方面他也知道很多人有興趣了解他近50年的媒體經歷和心得，所以想藉此機會分享出來。

帶動華媒向上提升

多年來，林風雲除了自己報道新聞，還傳授幫助帶領出200多名媒體從業人員。近年隨着新媒體的興起，很多沒有受過任何專業訓練的人也加入這個行業，從業人員良莠不齊，專業素質堪憂的同時也缺乏基本的職業道德。林風雲對此深有感觸，努力通過各種方式帶動華媒整體素質提升和營造同行間良性競爭的氛圍。

2022年，加拿大多元文化媒體聯盟向林風雲頒發優秀記者獎。發表獲獎感言時，林風雲卻説要代表廣大記者“借這個機會好好檢討一下”。他談了平衡報道的原則和對信息進行仔細查證的必要性，還對直接抄通稿等本地華媒的通病做了反思。

在一些活動報道現場，有時個別人為了自己拍攝方便，長時間霸佔中央位置，把其他記者和觀眾視線都擋住，或者有個別人以老資歷自居欺負年輕記者，林風雲都會挺身而出主持正義。他說：“記者當久了，就會喜歡打抱不平。”他不怕得罪人，因為他相信星雲法師所說的，維護正義也是做善事，而善行一定會帶來好的回報。

樂觀豁達，“輕鬆”人生

2016年，在傳統媒體被新媒體衝擊而日漸式微的大背景下，林風雲服務了30多年的世界日報（「世界」）停刊。但他沒有自憐自艾，反而以雙關語自嘲道：“我雖然離開了「世界」，但我還在這個世界，我過得很好，希望大家多多做善事。”

隨後，林風雲加入輕鬆傳媒擔任副總裁和“輕鬆加拿大”網站總編。他發揮自己“活字典”的專長，憑藉高效準確的報道讓“輕鬆加拿大”網站迅速崛起，以一騎絕塵的優勢遙遙領先於同類其他媒體。2022年，該網站登頂全球華媒“網站互動力榜”的榜首。

四年前，林風雲因心血管堵塞接受手術。此後他笑稱自己是真正“開過心的人，所以每天都過得很開心。”他還說：“一個人對社會最大的貢獻就是做一個快樂的人，並且去幫助別人，這樣就會讓周遭的人都快樂。周遭的人都快樂了，世界就會更美好。”



1982年移民多倫多攝於唐人街
In Toronto Chinatown upon arrival in 1982



1980年獲台灣苗栗縣縣長謝金汀
頒傑出記者獎
Receiving Outstanding Journalist Award in
Taiwan in 1980



1983年在多倫多中區華埠採訪新聞
Covering Toronto Chinatown news in 1983



在喬治佈朗學院印劇攝影科操作
平面印刷機
Studying printing at
George Brown College



帶領世界日報同仁參加公益金百萬行
Leading World Journal's staff to take part in
United Way walkathon



台灣著名漫畫家牛哥1991年
來多倫多時畫的這張漫畫
A caricature of James Lin
by a Taiwan artist


80年代多倫多華媒記者群（左1）
With a group of Chinese reporters in Toronto in the 1980s



1996公益金百萬行活動主席潘啟鴻頒感謝牌
Receiving a Thank-You plaque from the United Way in 1996



獲CPAC頒發獎牌
Receiving an Appreciation plaque from CPAC


獲安省前省長韋恩頒加拿大年度服務貢獻獎
Receiving a plaque from former Ontario Premier Kathleen Wynne


獲國會議員陳聖源頒發Covid-19傑出貢獻獎
Receiving the Covid-19 Humanitarian award from MP Shaun Chen



獲國會議員葉嘉麗頒發加拿大英女王登基70周年千禧白金徽章
Receiving the Queen Elizabeth II Platinum Jubilee medal from MP Jean Yip



2016年接受OMNI訪問
Being interviewed by OMNI 2 TV in 2016



加拿大多元文化媒体聯盟頒發「優秀記者獎」
Receiving Multicultural Media award in 2022

Optimism, Open-mind
"EASY" Wins All
– James Lin

James Lin is a household name in Toronto's Chinese community. Since the 1980s he has been well established in Chinese media - leaving his mark in every meaningful or influential event, no matter how major or minor. Senator Victor Oh likes to introduce James outside the Chinese community by saying " James knows half the Chinese community, and the other half knows James."

First Chinese Journalist

Born in 1951, James worked for 3 years as a reporter in Taiwan after graduating from the Journalism program at the Taiwan Chinese Culture University. During that time, he interviewed notable figures including Lee Teng-Hui and Chiang Ching-Kuo. At an event attended by Chiang Ching-Kuo, James positioned himself in the front of the crowd to take photographs and Chiang's security staff slapped his camera out of his hands. This was witnessed by Chiang who made a point of apologizing right away to James. Even some 40 years later, James still remembers this vividly.

Many people assume that James only became a photojournalist after he graduated from the print photography program at George Brown College in Toronto. In fact, photography and videography have

been practiced for a long time in his family. James' father was head of the Drama program at the National Taiwan University of Arts. Renowned film director, Ang Lee, was a student of his. As were internationally acclaimed actress Gua Ah-Leh and film director, screenwriter, actor Hou Hsiao-Hsien. Under his father's influence, James learned to use many types of cameras from a young age, laying the foundation for his artistry in writing and photography.

When he first arrived in Canada, James joined World Journal where he worked as head of reporting, public relations director, and in other positions. At the time, the Chinese press typically translated mainstream news stories instead of doing first hand reporting. James was the first journalist in Chinese media to report from location. Because there was no internet or online reporting, reporting was all done on location. "Grabbing a jacket and the camera and go" was his day-to-day routine. Often he would wait at police stations, at the ready to cover news related to the Chinese community.

Chinese Community "Living Dictionary"

James said "Community news is the most enjoyable to cover - all you need is when, where, what. There's no secret to it, just diligence and speed. Going to the scenes, developing your network so you get the tips." Easier said than done. For James, there was no day or night, no location he wouldn't cover, even getting beat up by gangsters one time . Covering the news, James met people from all walks of life, these are the people who would provide him with leads

and story content.

There was a murder case about thirty years ago that shocked the whole country. The victim had attended a community event a week before her disappearance. James happened to cover the event and had taken some of her photos, which he would share with mainstream media. Later, when the police began to home in on the victim's sister's boyfriend as the chief suspect, James was away in Taiwan. But he could sense a big development brewing. So he gathered all his information and materials to share with his colleagues in Toronto, and alerted them to follow the police investigation. This case raised James' profile in the mainstream media community significantly.

Diligence and dedication not only netted James a treasure trove of quality news stories, they have made him a "living dictionary". James has witnessed the many changes in Chinatown, and the development of many community organizations. He knows the ins and outs of community events, and he is familiar with Chinese community notable figures. In later years, when James attended an event, he could spot the "heavy weights" at the event before organizers even made introductions. He was able to file his story with photos even before the event had concluded.

Passion for the Bigger Good, Giving Back to the Community

James recalls that the most unforgettable figure, also the most

influential for him, that he has interviewed is "Mama Lu". Ms. Helen Lu was known as the Volunteer of volunteers. She was also an immigrant from Taiwan, James had met her early on. Whenever she had a fundraising event to promote, she would "harass" the media. Though James complained that she was "bothersome" he was deeply impressed by her spirit of giving back. He still recalls how "Mama Lu" continued to work on fundraising for Yee Hong Centre in 2013 in her last days in the hospital with terminal cancer.

"Mama Lu" was a Chinese Canadian Legands Award (CCLA) recipient in 2000, the first year that the Chinese Canadian Legend Award was established. Some years back when friends wanted to nominate James, he would decline because he felt he could not compare to "Mama Lu". He felt he needed to do more. Truth is, James has been contributing to the community. He leverages his skills and connections to help promote many charity events, to profile and support Chinese Canadians, to foster integration of the Chinese community into mainstream society, and to enhance the influence of the Chinese community. He has also generously donated to organizations like Yee Hong Foundation, Mon Sheong Foundation and Carefirst Seniors & Community Services Association.

James has been recognized for his contributions with various awards including the Queen Elizabeth Silver Jubilee medal, the 7th annual Kathleen Wynne Community Service Award and a Community Service Award during Covid. When he was nominated again for the

CCLA this year, James finally accepted.

He said that of all the awards given out in the Chinese community, the CCLA is the one he most cherishes because the rigorous selection process makes it that much more meaningful. He is most pleased and proud to receive this award, partly as recognition for his community services over the years, and partly as an opportunity to share his experiences and insights over the past almost fifty years.

Elevating the Chinese Media

Over the years, James has mentored, trained and managed over 200 media professionals. In recent years, as the industry changes, many join the profession without formal training, resulting in a worrisome inconsistency in qualifications and work ethics. James is deeply concerned and works hard in improving the caliber of the profession while fostering a healthy competitive culture.

In 2022, the Canadian Multicultural Media Confederation gave James the Excellent Journalist Award. In his acceptance speech, James stated that he wanted to take the opportunity to reflect on the profession. He spoke about balanced reporting and the importance of critically evaluating sources. As well, he reflected on the problem of plagiarism among some of his Chinese media colleagues.

When covering events, some individuals would hog a prime spot for their own convenience in taking photos, but block the view for other

reporters or even the audience. Or older reporters would flex their seniority at the expense of younger reporters. When James sees these he would speak out for justice. He thinks it's an occupational hazard - fighting against injustice. He's not afraid of offending others. He agrees with Master Hsing Yun who says fighting for justice is a good deed, and good deeds will bring good rewards.

Optimism, Open-mind-"EASY" Wins All

In 2016, as traditional journalism was replaced by new media including social media, World Journal ("World") where James had worked for over 30 years ended publication. James jokingly said "I may have left the "World" but I'm still in this world. I'm doing well, hope we will all do more good deeds."

James then joined Easy Marketing as its vice president and easyca.ca as its editor-in-chief. Under James' leadership, easyca.ca has excelled and topped the list of global interactive websites in 2022.

Four years ago, James had surgery to clear a blockage in his heart. Now he jokes that he is a truly open-hearted person, living each day with a happy, open heart. James adds "each person's main job is to be happy, and to help others so they are happy. When everyone around us is happy, the world is a better place."



蒲育惠
Jenny Pu

作者：楊笑

Writer: Lucy Yang

溫暖善良、樂觀堅強，用愛點燃身邊人的希望

因為直面過死亡，所以必須更堅強；因為自己淋過雨，所以總想為別人撐把傘。曾被診斷為乳癌晚期的蒲育惠，靠著頑強的意志，戰勝病魔；靠著理解與共情，點燃他人的希望。用推己及人的溫暖化解身邊的悲傷。這是真正的樂觀，最大的善良。一個人心中有愛，有換位思考的品質，才能做到真正的慷慨。蒲育惠說，照亮別人，也是在成全自己。

1996年，來自中國安徽31歲的電腦行業精英蒲育惠（Jenny Pu）與先生帶着女兒移民來到加拿大，憑著勤勞和努力，落地生根，開啟了全新的生活。2002年，她的第二個孩子在多倫多出生。彼時，她跟其他傳統女性一樣，做女兒的好媽媽、丈夫的好妻子、公司的好員工，平淡且幸福著。她說，要不是2006年被宣佈確診乳癌晚期，從來沒有認真想過自己到底想要一份怎樣的生活！

看著年僅3歲的幼女，她積極配合治療，因為已經是晚期，必須先化療控制腫瘤然後再手術，之後繼續放療。她忍受了所有難以言表的痛苦：脫髮、黑指、嘔吐、四肢麻木和疼痛，支撐自己與乳癌抗爭的唯一動力就是，為了孩子好好活下去。蒲育惠對自己說，三年，哪怕能再活三年也好。三年裡她沒有給自己添置任何物品，哪怕是一件新衣服。蒲育惠想著剩

下的日子不多了，錢就留給孩子吧。

重構事業基礎

三年後蒲育惠「驚喜」地發現自己挺過來了，治療重構了她的身心。她這一次給自己的目標是五年，但不能再像前三年那樣「熬」時間，她要為自己而活，做自己想做的事。

因為自己痛過所以更能瞭解別人的痛，蒲育惠在康復過程中認識了一些華人同患姐妹，她們有的不善英文，就為她們陪診做翻譯，這讓她看到許多亞裔同患很難選到適合自己體型的義乳內衣，蒲育惠不僅分享自己的個人經驗，還親自幫助他們去選購，於是萌生了係統上幫助她們的初始願望。

因為手術，身材上的巨大改變會讓很多乳癌患者因此失去自信， 同時由於脊柱兩側的不平衡增加了身體的健康隱患，所以，佩戴義乳及義乳文胸就成為乳癌患者的重要選擇。而東方女性在加拿大並不是那麼容易找到合適的義乳及相關產品。有些乳癌患者術後還會產生淋巴水腫，需要配戴壓力服飾產品以控制病情的發展。於是，在丈夫的大力支持下，蒲育惠先後拿到義乳及壓力服飾等系列產品的執照，從2012年開始為乳癌患者提供相關的術後服務。

工作中蒲育惠發現很多同患的情緒低落甚至抑鬱，她便貼

心地與之交流、開導、鼓勵，甚至分享自己的經歷。有的患者來的時候含胸低頭，盡量掩飾身形上的缺陷，但離開的時候因蒲育惠的專業支持，臉上溢滿自信。這樣的成就感讓蒲育惠如沐春風。

蒲育惠通過提供專業服務，讓客戶群跨越族群，從華人到白人、黑人、印度人等各族裔病友都有，蒲育惠説，自己為能夠幫助他們選擇到合適的義乳並提升自信而備受鼓舞和安慰。2017 年蒲育惠獲得新時代電視主辦的見證華裔移民于創業過程中造就成功的堅強與努力的「新楓采獎」之「生活風采獎」。

成立華人乳癌支持小組

蒲育惠的事業不斷發展，對生活的目標也更加明晰，就是用自己微薄的力量幫助更多的人。因為自己淋過雨，所以想給別人撐把傘，她決定成立一個華人乳癌支持小組。

2013年底，蒲育惠在本地華文網站貼出了一個小廣告，邀請同患姐妹們到家裡一聚，就這樣，第一批聚會的十個人組成了華人乳癌支持小組，還定下每月一次同患分享、身心互助的主題活動規則。至此，支持小組抱團取暖、快樂康復、尋找榜樣力量，重塑精彩人生的宗旨就成為小組的文化核心。

為了讓更多人在罹患乳癌後更快找到相同的患病經驗和同

伴的理解和扶攜，蒲育惠自費印製了介紹乳癌支持小組的宣傳冊，到醫院和社區去推廣。隨著小組成員的增加和社交媒體的發展，華人乳癌支持小組成立了微信群。蒲育惠和她的組員想讓「華人乳癌支持小組 」這個名稱更積極更健康，以鼓勵所有正在與癌症抗爭並積極擁抱生活的姐妹，於是在組員建議下取名「火鳳凰」，寓意浴火重生。

乳癌支持小組的成員果然如浴火鳳凰般在經歷磨難洗禮後，變得更加人格堅強，精神獨立，活法漂亮。她們先後組建了合唱、繪畫、讀書、健步、健身、氣功、國樂、義跑、龍舟等團隊，讓每一個姐妹在康復路上活出生命新的精彩。

浴火鳳凰見證團隊力量

「火鳳凰」健步組7年總行程逾5千公里，足跡覆蓋大多地區80% 的路徑；「火鳳凰」CIBC run-for-the-cure義跑隊5年共計捐款近20萬元，2021和2022年更是全加拿大社區團隊挑戰獎第1名；「火鳳凰」合唱團唱進各類華人大型活動；疫情期間成立的「火鳳凰」龍舟隊積極參加加拿大各項龍舟賽事，2021年攜手頤康乘風破浪在第33屆多倫多國際龍舟賽斬獲1枚銅牌。2023年4月走出加拿大，出征新西蘭國際乳癌龍舟節。

如今的「火鳳凰」已從乳癌支援小組最初的10個人發展到300多人，10年間每月一次的主題活動從未間斷，即使在大流

行期間，也堅持線上舉辦。據不完全統計，參加者達到5,000餘人次。每年一次的新年慶典活動更是“火鳳凰”所有姐妹們共同的生日狂歡，讓每一個姐妹感受支持小組的力量，找到活出新我的激情，同時也寓示著大家離疾病又遠了一步。

火鳳凰作為民間自發組織，十年間雖然為病患提供眾多支援，卻從未給社區添加經費負擔，相反還為加拿大癌症協會的乳腺癌研究長年籌款。

作為華人乳癌支持小組（火鳳凰）的發起人和主要組織者人之一，蒲育惠十多年來陸續為病患姐妹們陪醫、做飯，個別成員病情反覆或離世，她總是第一個去探望關懷，甚至相送最後一程。前後為醫院捐贈了1,000多個簡易義乳；為了更專業和有效的提升服務質量，針對乳癌患者淋巴水腫和心理健康問題，她還參加各種專業培訓，包括康福心理健康推廣大使的培訓，不但學以致用幫助小組的病友，2014年還作為康福義工代表康福去社區做心理健康講座，2022 年榮獲安省義工獎。蒲育惠說，只要我們還活著，就會盡力照亮別人，同時成全自己。

蒲育惠，在逆境中自強不息的無名女人，默默搭建起「火鳳凰」這個溫暖的組織，用樂觀點燃他人的希望，用善良化解身邊的悲傷。



獲加拿大新時代電視主辦的第十屆新楓采之生活風采獎（2017）
Receiving Mandarin Profile Award from Fairchild TV



High Park 看櫻花（2017）
A visit to High Park with Toronto Chinese Breast Cancer Support Group



與家人們一起過聖誕節（2019）
Family Christmas gathering in 2019



與老公孩子們一起在
法國諾曼底度假（2017）
Vacationing in Normandy, France, with family



在康福心理健康協會做分享 （2019）
Sharing at Hong Fook Mental Health Association



聖誕聯歡會上講話 （2017）
Speaking at the 4th Anniversary of the Breast Cancer Support Group



參加社區表演（2019）
Performing with the choir of
Breast Cancer Support Group



火鳳凰龍舟隊參加龍舟賽 （2022）
Yee Hong-Phoenix dragon boat team taking part
in Centre Island races



聖誕聯歡會上參加時裝秀
（2018）
Fashion show at the 5th
Anniversary of the Breast
Cancer Support Group



為康福心理健康
協會推廣宣傳
（2016）
Promoting mental
health for Hong Fook



為加拿大癌症協會的乳癌
研究募捐 （2019）
Taking part in the CIBC
Run for the Cure



代表頤康參賽
多倫多國際龍舟節 （2022）
Yee Hong-Phoenix Dragon Boat team won 2nd
place of a group race



與火鳳凰Hiking組的姐妹們
一起Hiking（2016）
Hiking trip

Warm, Kind, Positive and Strong - Igniting Hope All Around with Love
-Jenny Pu

Having faced death, one becomes stronger; having been caught in the rain, one would extend an umbrella to others. When diagnosed with late stage breast cancer, Jenny Pu conquered it with determination and a strong will. With understanding and empathy, she is lighting others' hopes, dispelling despondence with warmth and consideration. This is true optimism, the greatest kindness. With love and empathy, one can be truly generous. Jenny says that when she helps others, she's helping herself.

In 1996, thirty-one year old Anhui native and computer professional, Jenny Pu, immigrated to Canada with her husband and daughter. They settled into their new life and established roots in their adopted country. In 2002, Jenny's second child was born in Toronto. Like many of her contemporaries, Jenny was focused on being a good mother to her children, good wife to her husband and a good employee for her employer. Life was ordinary and happy. She said that if it wasn't for her breast cancer diagnosis in 2006, she never would have seriously thought about what kind of life she wanted!

With her 3 year old daughter in mind, Jenny actively cooperated with treatment. Since she was already late stage, chemotherapy was needed first to control the growth of the tumour before surgery. Then treatment continued with radiotherapy. She endured indescribable sufferings: hair loss, black fingers, nausea, numbness

and pain. The only thing that kept her going was to survive for her children. Jenny thought to herself "Three years, if only I could live three more years." For three years, she did not buy herself anything, not even a single piece of clothing. She kept thinking, if she wouldn't be around for long, she should leave her money for the children.

Rebuilding Her Career

Three years later, Jenny was "surprised" to be alive, cancer treatment has rebuilt her body and mind. At that time, she set a five year goal but she wouldn't just "sit" like the previous three years. She would live for herself, do what she wanted to do.

Because she had suffered, she understood other people's struggles. During her treatment, Jenny met many Chinese breast cancer patients who did not speak fluent English, so she accompanied them to appointments to be their interpretor. She noted that many Asian fellow patients had difficulty finding prosthetic underwear that fit. Jenny not only shared her own personal experience, she also went shopping with them, which was what planted the seed to systematically support these patients.

After surgery, the dramatic change in their bodies often impacts breast cancer patients' self esteem. In addition, because of an imbalance in their body mass on both sides of their spine, other health issues can arise. This is why prosthetic breasts and prosthetic breast bras become important considerations for breast cancer

patients. Asian women have added challenges in finding appropriate prosthetics in Canada. Some patients develop lymphedema post surgery and need compression products to control that condition. With her husband's support, Jenny obtained licenses to distribute prosthetic breasts, compression clothing and other related products. In 2012 she started providing related post-op support services to breast cancer patients.

In her work, Jenny discovered that many breast cancer patients can be moody or even depressed. She would do what she could to interact, mentor, encourage them, including sharing her own experience. Many of her clients would arrive with their heads down, feeling self conscious about their bodily imperfections. But they often left with increased self confidence thanks to Jenny's professional support. Jenny is delighted by this accomplishment.

In time, Jenny's clientele expanded beyond the Chinese community to include caucasians, blacks, Indians etc. Jenny is encouraged and gratified that she could help all of them find suitable prosthetics that help with their self esteem. In 2017, Jenny was recognized in the Lifestyle category of the New Maple Awards, sponsored by New Era Television, for entrepreneurial achievements of new immigrants.

Chinese Breast Cancer Support Group

As her business continued to grow, Jenny became clearer in her purpose in life - which is to use her own ability to help more people. Since she was once caught in the rain, she could offer others an

umbrella. She decided to establish a breast cancer support group for Chinese Canadians.

At the end of 2013, Jenny posted a small ad on a local Chinese website inviting breast cancer patients to meet at her home. Ten people met that first time to form the Chinese Breast Cancer Support Group, and decided to meet monthly to share their experiences under specific themes. To date, the support group's purpose to provide warm support for a smooth recovery, to assign role models, and to rebuild a wonderful life has become its cultural core.

In order to reach as many people as possible once they are diagnosed with breast cancer, Jenny has self funded the publication of promotional brochures which she distributes to hospitals and community organizations. As membership grows and with the advent of social media, the Chinese Breast Cancer Support Group created a WeChat group. Jenny and her members renamed the support group "Phoenix" to signify rebirth to encourage women living with breast cancer to embrace a positive outlook on life.

Members of the breast cancer support group are indeed like phoenixes who become stronger and empowered after their ordeal. So that each woman has the opportunity to live a full life as they complete their recovery journey, the group has participated in numerous activities - singing, painting, book club, hiking, fitness, Qigong, Chinese music, charity runs, dragon boat races, etc.

Phoenix Flexes Their Power

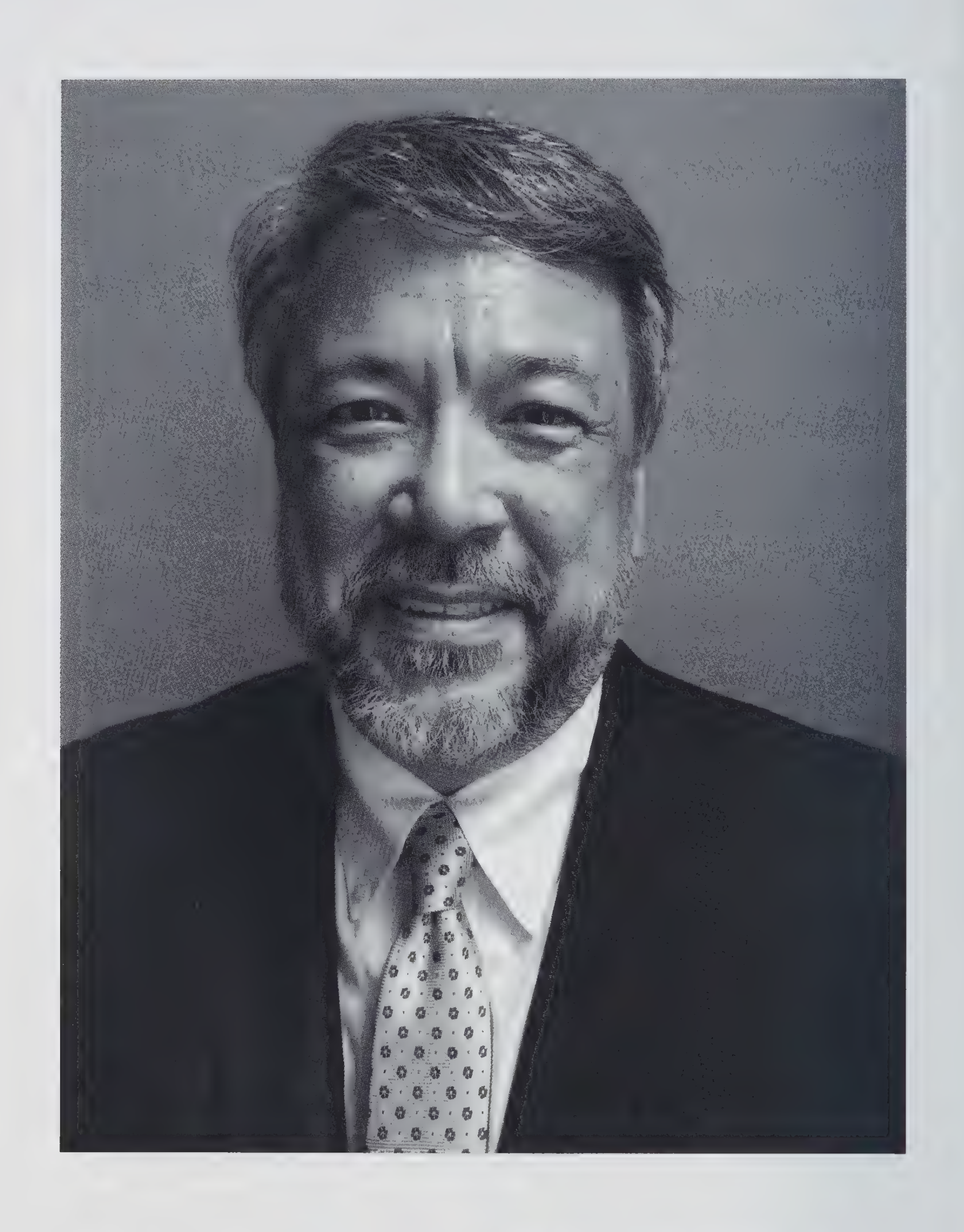
The Phoenix hiking group has walked over 5000 km in 7 years, covering 80% of trails in the Greater Toronto Area. The Phoenix CIBC Run-for-the-Cure run team has raised over $200,000 in 5 years. They won the community team challenge across Canada in both 2021 and 2022. The Phoenix Choir has participated in all kinds of major Chinese community events. The Phoenix dragon boat team that was established during the pandemic competed in many Canadian dragon boat races. They partnered with Yee Hong to win a bronze medal in the 33rd Toronto International Dragon Boat Race in 2021. Most recently the team went international, competing in the New Zealand International Dragon Boat Festival in April 2023.

Phoenix has grown from that first meeting of 10 to over 300 members. Monthly meetings have continued through the past ten years, even through the pandemic, when meetings went online. It was estimated that over 5000 people have participated. Every year, Phoenix sisters celebrate a collective birthday with abandon at New Year. Every member feels the power of the group's support, explores their new passion in life, and celebrates moving one more step away from the disease that brought them together in the first place.

Phoenix is a grassroot organization that has helped many breast cancer patients over the past ten years, despite not receiving any operational funding. Instead the group raises money for the Canadian Cancer Society for breast cancer research all year long.

As the founder of the Chinese Breast Cancer Support Group (Phoenix), and one of its key organizers, Jenny has continued her work over the past decade in supporting breast cancer patients - treatment accompaniment, meal preparations, individual support, disease recurrence or death. She's often the first from the group to visit, and sometimes even there when the patient is on her final journey. She has donated over 1000 simple prosthetic breasts to hospitals. To ensure she provides the best and most effective services, focusing on lymphedema and mental health issues, she has taken professional training including Hong Fook Mental Health Association Ambassador training. Besides helping members of the support group, Jenny also spoke to community groups about mental health on behalf of Hong Fook Mental Health Association in 2014. And in 2022, she received the Ontario Volunteer Service award. Jenny explained that as long as they're alive, the group would do their best to help others, which also helps themselves.

Jenny Pu, this unknown woman who thrived in the face of adversity, quietly built "Phoenix", a heart-warming organization that lights up the hopes of others with optimism, and dispels despondence with kindness.



丹尼爾・關-沃森
Daniel Quan-Watson

作者：金綺文
Writer: Annie Qiwen Jin

理解與尊重是和解的基石

從人頭稅受害者到頂級政府公務員

“八十五年十個月零十一天”，丹尼爾·關 - 沃森清楚地記得這個數字，這是從他祖父初來加拿大，到丹尼爾成為首位華裔聯邦政府副部長中間經過的時間。

丹尼爾的祖父關樹贊於1923年5月12日來到加拿大，這個日期記錄在一張人頭稅證明上，那上面還有他的照片：一個12歲的少年，穿著筆挺的西服，眼神有幾分迷茫。那時他不會知道，七周後這個國家就通過了排華法案，此後24年間禁止華人來加拿大，已在這裏生活的華人、包括在當地出生的後代也被區別對待，很多基本權利被剝奪。

丹尼爾說：“無論我祖父，還是當年給他簽發證明的‘中國移民控制官’都絕不會想到，有一天，他的孫兒會做到這個國家聯邦政府公務員中最高階的職位。”更令人唏噓的是總理簽署推薦他擔任副部長文件的辦公室，距離當年通過排華法案的國會會議室僅有幾百米遠——這短短距離，用了八十多年才跨越。

在省級和聯邦政府服務的30多年間，丹尼爾曾在多個部門擔任要職。他在人力資源、文化和生態遺產管理以及原住民事務方面有豐富經驗，是一位富有感染力的領導者，同時對生活充滿熱情，愛好唱歌、打獵、駕駛摩托和飛機並熱衷做義工。但讓他進入大眾視野的，是三年前的一封公開信。

反響巨大的公開信

那封信是為回應《國家郵報》專欄作者瑞克斯・墨菲（Rex Murphy）的一篇文章所寫。2020年，隨著新冠在全球大流行，亞裔受無端攻擊的案例急劇上升，人們紛紛聲討種族主義之際，墨菲發表文章為加拿大的“寬容和熱情”辯護，否認加拿大存在普遍的種族主義現象。

在信裏，丹尼爾以冷靜謙遜的語氣表示，他無法代表其他人或這個國家，只想通過講述自己的經歷來回應墨菲關於種族歧視在加拿大現實生活中有多高比例的問題。丹尼爾指出，種族歧視並不總是公開、明顯的，更多時候它們是隱晦的，也正因此它讓受害者受傷，卻難以找到傷口。他形象地將這種隱秘但真實的傷害比喻作“高血壓”。

他列舉了自己經歷的數十件典型事件，從幼時被其他孩子和成人無端嘲笑辱罵，到大學裏被教授挖苦沒有選擇數學或科學專業，職場中被人先入為主地懷疑英/法語能力，在機場、酒店被人想當然地當成行李員、司機，被駐外機構工作人員阻攔使用加拿大公民專用設施等等，他也講述了自己的孩子們遭受的種族主義式攻擊。

與丹尼爾克制平靜的語言形成巨大反差的，是這封信震撼人心的力量。信中所敘述的每件事，對長期在加拿大生活的有色人種而言，都是再熟悉不過的場景。這些事不是孤立和偶然的誤會或衝突，而是一直在不同地點和不同人身上重復發生著，並且它們全都指向種族主義這個主題。這封信有如一石激起千層浪，被迅速傳播，引發廣泛討論。

打破平行世界間的隔閡

丹尼爾後來在全球事務部的一場播客中説，他發現“種族歧視對很多加拿大人來説完全不可見，但悲哀的是，它們對於另一部分加拿大人來説卻是如此熟悉的日常。”他的公開信打破了這種“尋常所見”和“了不可見”之間的隔閡，讓兩個平行世界之間有了交流。

種族主義是個沉重且充滿爭議的話題。筆者問丹尼爾，當我們大量討論種族歧視話題，特別是當我們不停討論那些微妙隱晦的案例時，會不會矯枉過正，導致一些人用種族歧視作借口掩飾真正的問題，或另一些人因擔心被指責種族歧視而選擇對問題保持緘默？

丹尼爾説：“這是一個關於整體平衡的問題。”他認為有人會錯誤地把其他問題與種族歧視混淆，因為做任何事時，不同人總會有不同的反應和擔憂。但重要的是雙方坦誠溝通。感到受歧視的人可以設想，假如自己是白人，做同樣的事時是否會受到批評；批評者應反思，自己在做出判斷時，是否有意無意中受到對方種族這個因素的影響。他也指出，因為種族歧視事件的隱晦性，還有大量歧視事件沒被説出來。

或許丹尼爾的背景註定了將由他來開啟兩個平行世界間的交流，因為他一直穿行於其間。他在英裔養父母撫養下長大，獲得白人擁有的資源和支持。與此同時，在養父母羽翼覆蓋不及之處，他飽嘗了因華裔面孔而招致的非難和攻擊。獨特的人生經　讓丹尼爾成為一位富有同理心的正直之人。

以華裔身份為榮

丹尼爾從小就知道自己的生父是華人，但直到步入中年，因為相關法律條款的改變他才得以通過查詢文件記錄找到生父家族。令他欣喜的是他在擔任國家公園管理局首席執行官期間，親眼見證溫哥華唐人街被認定為國家歷史遺址，並在那裏找到家族足跡--他的叔祖父曾在溫哥華唐人街開過餐館。

盡管因華人面孔曾遭受數不清的歧視傷害，丹尼爾仍然珍視自己的華裔身份並引以為榮。2018年，當他被再次任命為聯邦副部長時，他通過總理向總督提出請求並得到應允，在那份將作為歷史記錄永久保存的任命文件中，把他生父的姓氏“關”加入他的姓名。

新冠疫情期間，很多華人公務員感覺受到攻擊，為了表達對同事以及其他華裔人士的支持，丹尼爾決定在所有場合都開始使用“關-沃森”這個姓氏。他在多個論壇對有色族裔公務員説，他知道這樣做會讓他也成為種族歧視者的攻擊目標，但任何想要攻擊他們的人，都不能繞開他。

理解與尊重——實現和解的基石

丹尼爾代表加拿大政府與第一民族、因紐特人和美蒂斯人進行了200多項原住民條例和憲法權利的談判，領導過500多起關於重大憲法訴訟和歷史性損害賠償案件的和解談判，為促成原住民與加拿大政府的歷史性和解立下汗馬功勞。

當他被問到贏得原住民信任並促成和解的關鍵是什麼時，

丹尼爾說：“理解與尊重是這一切的基石。”他講了自己與一位原住民酋長談判的往事。當時丹尼爾帶著一份他認為非常合理的政策方案去拜會酋長。耐心聽完丹尼爾的介紹後，酋長講述了他部落的歷史。

一百多年前，加拿大政府曾將他的族群強行重新劃分，至今很多族人仍感到憤怒，有人主張徹底推翻這些改變。但族中長者認為，如果這樣做，必將再次拆分族群，那麼他們和百年前的政府代表有何兩樣？酋長說，長者們告訴他：“我們比一百年前強迫拆分我們族群的人更高尚，所以我們不會再做出拆分族群的事，我們會一起向前邁進。”

酋長的話讓丹尼爾深受震撼。他反思自己原先設想的種種理由，找不出一條來反駁酋長的意見，因為他無法憑自己的標准去要求這個族群重復他們曾經歷的悲劇。於是他回到當時任職的卑詩省政府，對省府內閣說，他之前的方案錯了，請求他們同意更改，並得到了允准。與原住民的交流，讓丹尼爾學會以全新角度去看待曾經熟悉的事務。他總結說，重要的是“帶著尊重去傾聽，並且隨時准備著推翻原有的觀念和想法。”

正如丹尼爾在那封公開信的末尾所說：“我們擁有堅固的價值觀和充足能力去解決種族主義難題，並且會比任何人都做得好。”勇敢而誠實地說出歧視事件，讓所有人看見它們，這是受害者得以療愈，也是改變這種狀況的開端。就此意義而言，以自身經歷喚醒所有人，讓人們開始正視和討論繫統性種族主義問題的丹尼爾，值得每個加拿大人對他說一聲：“謝謝！”



祖父母一家
Daniel's grandparents Helen and Donald Quan and his cousins



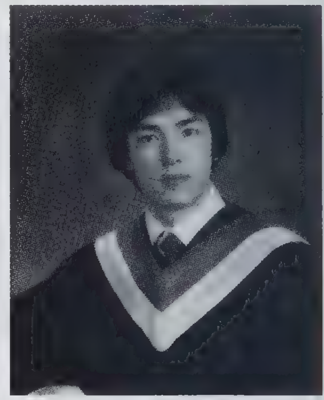
丹尼爾的父親
Daniel's father Jim Quan



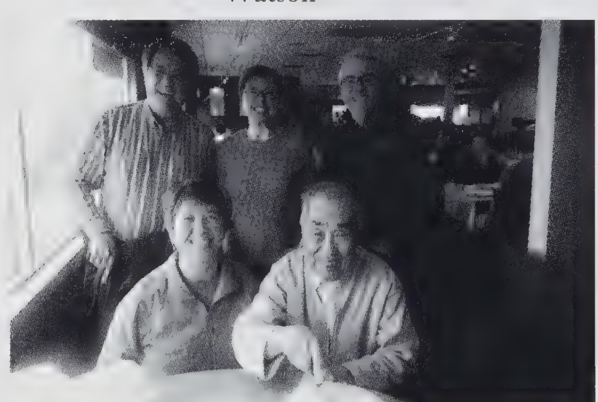
與養父母參觀軍艦博物館
Abord the HMCS Haida, the Royal Canadian Ship and National Historic Site with his parents Ronald and Margaret Watson



一周歲時
Age 1 Year Old



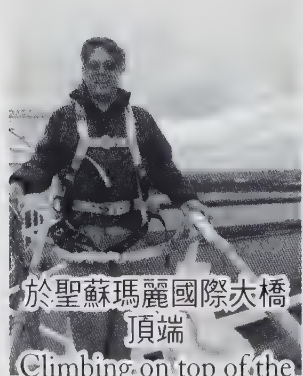
高中畢業照
High School Graduation



與伯父及家人合影
Daniel's Uncle Bill Quan, his oldest uncle



和女兒出席溫哥華唐人街國家歷史遺蹟認定儀式
Daniel and his daughter at the Vancouver Chinatown National Historic Site Designation (2017)



於聖蘇瑪麗國際大橋頂端
Climbing on top of the International Bridge at Sault Ste-Marie



騎著哈雷摩托往返渥太華和埃德蒙頓
On the Harley Davidson – many Ottawa to Edmonton journeys on this bike



於自己的飛機前留影
Daniel and his airplane in Savannah, Georgia



2012年與總督及全體副部長於總督府合照
The Governor General and all Deputy Ministers of the Government of Canada, Rideau Hall, 2012



清理被雪崩埋沒的道路
Daniel clearing avalanche paths in the Rocky Mountains – with a cannon



國慶日在班芙騎行
Riding in the Canada Day Parade in Banff, Alberta 2018



與西北地區長官Bob McLeod
及原住民酋長Perry合影
At the Vimy Ridge Centennial with Northwest Territories Premier Bob McLeod and AFN National Chief Perry



於聖羅倫斯河原住民考古遺址
At an Indigenous archaeological site on the north shore of the St. Lawrence River



見証溫哥華唐人街國家歷史遺蹟
Vancouver Chinatown National Historic Site Designation, with Daniel as CEO of Parks Canada



與妻子和母親合影
Daniel, his wife Jayne and his mother Linda



手執加拿大150周年
的公園指南
Holding two Canada 150 Editions of National Geographic Guides showcasing Parks Canada

Understanding and Respect Cornerstones of Reconciliation —Daniel Quan-Watson

From Head Tax Payer to Top Civil Servant

"Eighty-five years, ten months and eleven days." Daniel Quan-Watson is very clear about this number. This is the time between the day his grandfather arrived in Canada and the day Daniel became the first Chinese Canadian to be appointed federal deputy minister.

Daniel's grandfather, Quan See Dan, arrived in Canada on May 12, 1923. This date is documented on a head tax certificate with his photograph: a twelve year-old child, wearing a crisp western suit, looking a little confused. He didn't know at the time that a Chinese Exclusion legislation would pass in seven weeks' time, preventing any Chinese from entering Canada for the following 24 years. The Chinese already here, including those born in Canada would be discriminated against, and would lose their basic human rights.

Daniel commented that "Neither my grandfather, nor the Controller of Chinese Immigration who signed his Head Tax certificate would imagine that one day his grandson would be one of the top federal civil servants." Ironically the office where the Prime Minister signed a recommendation for Daniel to become a deputy minister is merely a few hundred meters from the House of Commons where the Chinese Exclusion Act was passed - a short distance that took over eighty years to traverse.

In his 30 plus-year career at the provincial and federal levels, Daniel has worked in many different capacities. He has expertise in human resources, cultural and ecological heritage management, and indigenous affairs, a highly influential leader with a passion in life - he loves singing, hunting, motorcycles and piloting as well as volunteer work. It was, however, an open letter that brought him into the public eye three years ago.

An Open Letter that Went Viral

Daniel wrote the open letter as a response to a National Post column by Rex Murphy. The global pandemic in 2020 had led to an alarming rise in unprovoked anti Asian violence. As people denounced racism, Murphy defended Canada's "tolerance and enthusiasm", denying that racism was common in Canada.

In his letter, Daniel calmly and humbly shared his personal experience to refute Murphy's assertion that Canada was not a racist country. He pointed out that racism is not always overt and blatant. Often it is subtle or hidden, harming the victim even when there is no open wound. He likened this hidden but real harm to hypertension.

He listed dozens of typical incidents that he himself has encountered, from taunting by other kids to insults by adults. In university a professor mocked him for not studying math or science, in workplaces contacts underestimated his English or French competency, in airports and hotels he was mistaken for a porter or driver, at Canadian missions abroad he was harassed for using facilities restricted to use by

Canadians, etc etc. He also addressed his own children encountering racism.

Daniel's restrained and calm wording in the letter belie its shocking power. Every incident described in the letter is familiar to any person of colour who has lived in Canada for any length of time. These are not isolated misunderstandings or conflicts. They happen repeatedly to many people in many different settings, and they all point to racism. The letter touched a nerve and was quickly and broadly shared, sparking widespread discussions.

Breaking Down Barriers between Parallel Worlds

Later Daniel would say on a Global Affairs Canada podcast that "these are things that are way too invisible, to way too many Canadians. And sadly, way too familiar to another set of Canadians, and I think the challenge is to break down the too-familiarness on the one hand and the too-invisible on the other hand as parts of those conversations." Indeed those who experience racism frequently and those who don't see it are like people living in two parallel worlds.

Racism is a serious and controversial subject. The writer asked Daniel when we focus on racism, in particular the subtle racist acts, could there be an unintended effect of people using racism to avoid dealing with other issues, or perhaps to avoid being labeled a racist, people can be reticent about addressing issues?

Daniel said, "this is related to the overall balance of the issue." He acknowledged that there are people who confuse other issues for

racism, because in every situation, people can have different reactions and concerns. The key is honest dialogue between both parties. When one feels discriminated against, we can ask ourselves, if I were a white person, doing the same thing, would I still be criticized. And the instigator can reflect whether their perspective was intentionally or unintentionally affected by race. Daniel added that because racism is often hidden, there's much that has yet to be disclosed/discussed.

Perhaps Daniel's background has destined that he would bridge the communication between these parallel worlds since he lives between these worlds. He was raised by adoptive parents who were the descendants of generations who had immigrated to Canada from Scotland, England and Wales, enjoying the support and privilege of white people. At the same time, his Asian face has given him challenges that his adoptive parents could not shield from him. This unique life experience has made Daniel a man of empathy and integrity.

Proud to be Chinese

Daniel has always known his birth father was Chinese. But it wasn't until in recent years, when legislation had changed, that he was able to obtain information about his "birth father's family". He was pleased that Vancouver Chinatown was recognized as a national historic site while he was CEO of the National Park Services. And it was there that he found his "birth family's" footprint - his great uncle ran a restaurant in Vancouver's Chinatown.

Despite being a target of racism because of his Chinese appearance, Daniel values and is proud of his Chinese heritage. In 2018, when he

was re-appointed deputy minister, he requested from the Governor General via the Prime Minister and was given permission to add his birth father's name "Quan" to the appointment document, forming part of the permanent record.

During the pandemic, when many Chinese-Canadian public servants felt that they were being attacked, Daniel decided to start going by Quan-Watson on all occasions to show his support for those colleagues and others of Chinese descent. He said publicly, in many forums to all public servants of colour, that he knew that he was opening himself up to become a target for racism as well, but that anyone who attacked others would have to deal with him too.

Understanding and Respect - Cornerstone of Reconciliation

Daniel represented the Canadian government in negotiating over 200 Indigenous People regulations and constitutional rights with First Nations, Inuit and Metis peoples. He has led the settlement negotiations of more than 500 major constitutional lawsuits and historical damages cases, and made great contributions to the historic reconciliation between Indigenous peoples and the Canadian government.

When asked how he earned the trust of the Indigenous People, he said "understanding and respect are the cornerstones of everything." He spoke about a time when he proposed what he felt were reasonable new policies to a Chief. After listening patiently to Daniel, the Chief shared his people's history.

Over a hundred years ago the government strong-armed new policies that arbitrarily designated status to members of his community, and people are still bitter and angry about that. Some people suggested abolishing these policies, but the Elders felt that a change would tear the community apart again. If they did that, they're no different from the government of a hundred years ago. The chief said that the Elders told him, "But we are better than that, so we will not tear our community apart again. We will build it forward together."

The chief's words really moved Daniel. He could not think of one argument to refute the chief because he could not ask the community to relive something that has traumatized them already. When he returned to the Cabinet of the Government of British Columbia where he worked, he admitted he had been wrong in his previous work and asked them to change it, and they did. Working with Indigenous peoples has taught Daniel to look at things with an all new perspective. He concluded that it's important to "listen with respect, and be prepared to change every concept and idea."

As Daniel concluded in his open letter, "we have the values and the abilities to address (racism) and to do it better than anyone else from what I have seen around the world." Speaking out with courage and honesty, showing everyone the reality so that victims can heal, can begin the change for the better. For shedding light on racism with his own personal experience, so that we can begin confronting and talking about systemic racism, Daniel deserves a heart-felt "Thank you!" from every Canadian.



李本嫦
Sue Tang

作者：金綺文

Writer: Annie Qiwen Jin

逆境中的璀璨人生

逆境，也許會讓人頹廢沉淪，但也會激發強者潛能，使其發出更耀眼的光芒。李本媋就是後者，她在逆境中成長，活出比一般人更精彩的人生，就好像歷經苦寒綻放的梅花，坎坷磨難都化作沁人芬芳。

寒門學子求學路

李本媋生在香港一個清貧之家，小小年紀便懂得幫雙親分擔家務，還需站在小凳上才夠得到灶台時就開始每天為全家人做飯。上世紀中期香港本地高等教育資源稀少且花費不貲，只有殷實人家的子弟才會考慮在本地讀大學。李本媋不甘心學業止步於高中，她聽朋友説，到加拿大留學可以靠打工賺夠學費和生活費，便和父母提出願望。

李本媋的父親固守傳統觀念，認為女孩沒子沒必要讀大學，所以持反對態度。但母親卻支持女兒追求夢想，她省吃儉用湊夠一張飛往加拿大的單程機票錢給李本媋，對她説：「到了那邊，以後一切就要靠你自己了。」李本媋在母親充滿期許的目光裡看到了厚望和信任，這也成為她此後內心力量的源泉，支撐她度過所有挫折磨難。

來加不足兩年，李本媋的父親罹患癌症。那時網絡還沒普及，李本媋和大洋彼岸的親人聯繫，常常把想説的話錄在磁帶上郵寄給對方。父親臨終前最後一次錄下對她説的話，説他為本媋驕傲，也很高興本媋用自己的本事證明父親錯了。回首往

事，李本嫦仍忍不住淚濕眼眶。正是這樣充滿愛的父母，讓本嫦既堅韌，又富有同情心和同理心。

意外成為軟件工程師

靠著在餐館、工廠打零工，本嫦完成了滑鐵盧大學經濟系的學業。畢業時，一家名為Datapoint的IT公司到學校招聘。本嫦獲得的是文學士學位，只是輔修過一些商業計算方面的課程，她抱着試試看的心態前去應聘，竟出乎意料地被錄取了。

工作後，李本嫦找到機會問招錄她的上司，當初應聘時有那麼多IT專業畢業生，為何卻選擇了專業背景不太符合的她。上司説，技術方面的知識欠缺可以通過公司培訓彌補，但他在本嫦身上看到優秀的人際溝通能力和積極向上的熱情，這些品質是無法通過培訓獲得的。並且這個職位雖然是軟件工程師，但需要經常和客戶交流溝通，所以他認為本嫦是最適合的人選。

李本嫦用全力以赴的學習和工作態度來回報公司的知遇之恩。經過短短六個月在職培訓，她就掌握了從開發小程序到基礎機器語言編程以及網絡支持等領域的技能，成為名副其實的軟件工程師。但職場的挑戰遠不止專業知識和技能的積累。作為少數族裔，又是工程師團隊中唯一的女性，李本嫦面臨的壓力是多方面的。要克服口音和語言表達不地道方面的欠缺，還要消除團隊及客戶對她的偏見且贏得他們的信任和尊重，她只有加倍努力，建立自己的口碑。

憑實力晉階高管

進入管理層後，又有了“辦公室政治”的挑戰，但她始終只專註於在工作中做對自己、對公司正確的事，以業績說話，權力紛爭任由他去。當李本嫦創造記錄成為加拿大IBM公司首位華裔副總裁時，她最感到驕傲和欣慰的是女兒的一番話：“媽媽，你的晉陞實至名歸。你既沒有玩辦公室政治，也不是靠踩着別人上位，你完全是憑自己實力走到這一步的。”

在IBM，李本嫦領導着橫跨南北美洲和印度的六千人團隊，控制高達十億美金的預算。但她保持着質樸風格，靠以誠待人和以身作則贏得團隊支持，帶領大家前行。一路從艱辛困苦中走來，她深知對他人一視同仁的重要性，從不以職業劃分人的高低貴賤。

對於“領導力”，本嫦有自己獨特的見解。她說：“領導力是掙來的，不是靠命令得來的。”她認為領導力的獲得是一個長期積累過程，身為領導者需要和各種成員合作，包括和自己相似的以及互補的人；要幫助團隊成員最大限度發揮他們的長處，也要幫他們彌補不足，而這必須要讓團隊感受到公平和受尊重才能實現，所以當一項決策對部分成員不利時，作為領導者就必須體現出強大的同理心，去贏得他們的理解和支持。

她談到當初為了順應全球化趨勢，IBM必須將一部分業務遷到其他國家和地區，這影響到一些員工的職業前景，很多人對這個話題諱莫如深。但本嫦選擇和團隊坦誠溝通。她充分理解受影響人員的擔憂顧慮，承諾盡最大努力幫助他們渡過難

關，同時也曉之以理，告訴他們唯有大家齊心協力支持公司的戰略，才有可能讓公司立於不敗之地，也才能為大家創造更好條件。

投身慈善事業

然而命運帶給本嫦的磨難並未就此停止。就在她事業有成，可以和家人享受順遂生活之時，丈夫於2004年因癌症辭世。再次痛失至親對本嫦的打擊巨大，她陷入人生低谷，一度非常消沉。此時，一間名為“黃磚房”的公益組織邀請她加入董事會。這間組織致力於為受虐待的婦女兒童提供居所和各類服務。在這裡，李本嫦發揮她的管理和組織能力，領導了該組織的首次大型慈善募捐晚會並大獲成功。

這場活動令李本嫦與社區的舞者結緣，她開始學習交誼舞，並再次煥發出學習新技能的熱情和毅力，將舞蹈作為一項新的人生目標。在幫助他人的過程中本嫦也重新找到生活的意義。退休后，李本嫦更是全身心投入慈善事業。她奉行“生命不息，奉獻不停”的信條，堅持每周至少做15小時義工。頤康中心和頤康基金會、多倫多病童醫院、康福心理健康基金會等慈善機構的活動中常常都有她的策劃和參與。

李本嫦也樂於地將自己的經驗分享給年輕人。她多次應邀擔任諸如“展望青年領袖培訓計劃”、加拿大中國專業人士協會、工程師之戒授命儀式及約克大學MBA俱樂部等機構舉辦的活動演講嘉賓，向年輕人傳授提升自己實力、拓展職業道路的經驗。

舞出璀璨人生

從2013年至2020年李本婣連續七年在"華麗炫"委員會任職，這是為多倫多病童醫院舉辦的年度標誌性籌款活動。2017年，李本婣與頤康中心及Dance DNA 舞蹈工作室合作，共同發起"舞蹈無限"課程，為帕金森患者提供支持。後來這個課程擴展到支持所有患慢性疾病的長者。李本婣不僅身兼項目管理者和舞蹈教師的職責，還領導每年的"銀光月影舞年華"活動為舞蹈課程籌集善款。如今這一活動已步入第六個年頭。

在被問到為何對舞蹈情有獨鍾時，李本婣說，跳舞不僅可以令身心健康，更有特別的意義。在她看來，人生就像舞蹈，有高低起伏。我們會遇到困難挫折，也會迎來成功時刻。就像舞者將挑戰化為優美舞姿一樣，強者會把困境轉化為磨礪機會，在人生舞台上展現出璀璨光芒。

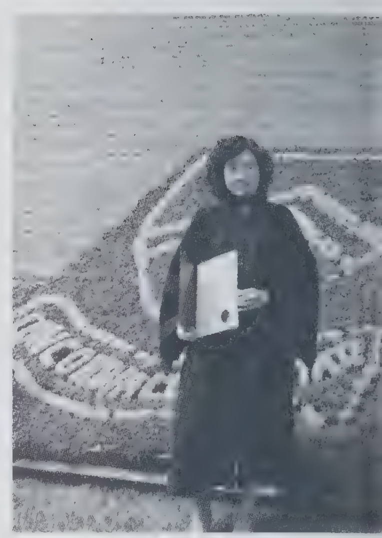
2008年李本婣曾接受一家媒體採訪，那篇專門介紹她的文章以"逆風飛揚"為標題。後來李本婣應邀在青年領導力培訓活動講述自己的經歷，她又加了四個字，以"鍥而不捨，逆風飛揚"作為演講題目。她告訴年輕人："不要讓人生中的挫折困難把你打倒，當你鍥而不捨、逆風飛揚起來時，你會變得更強大。"



早年的家庭照
Family Photo in 1972



年輕時的李本嫦
Young Sue



大學畢業照
University Graduation



與先夫及女兒的合照
With late husband and Monica



郵輪上的家庭照
Family Trip - Disney Cruise



家庭合照
Tang's Family



於辦公室
At office



龍宴主席
Dragon Ball Co-Chair



與表演舞者合照
Silver Ball with I Can Dance Performer



銀光月影舞年華主席
Silver Ball Chair



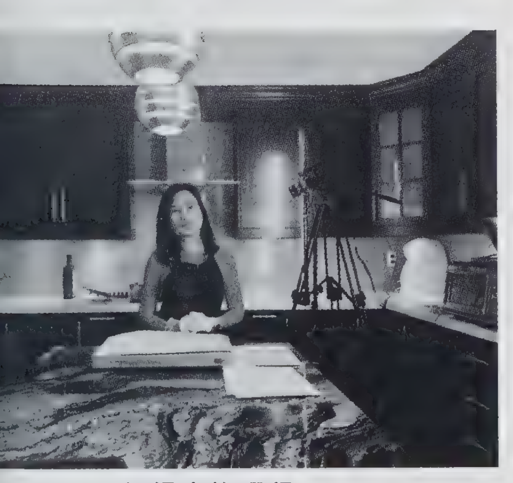
病童醫院籌款演出
Sick Kids Gala Performance



龍宴演出
Dragon Ball show



獲女王鑽禧紀念獎
Receiving Diamond Jubilee Award



超級食物課程
Superfood Workshop



黃磚屋籌款晚宴主席
Yellow Brick House Gala Chair



於德國參加舞蹈比賽
At German Open Championship

Sue Tang
A Brilliant Life in Adversity

Adversity can bring a person down, or it can inspire one to realize their potential. Sue Tang is a prime example of the latter. She grew up in adversity and has carved out an exciting life for herself, as a plum blossom might bloom after enduring a bitter cold winter.

Seeking Education

Growing up in a poor family, Sue started helping out with chores at a young age. She remembers standing on a stool to reach the stove to make dinner for the family every day. Post secondary education was scarce and costly in mid twentieth century Hong Kong. Only the affluent had the opportunity to go to university there. Sue wanted to pursue higher education and learned from friends that in Canada, one could work part time while attending university, so she told her parents about her dream.

However, Sue's father felt that girls didn't need university education and opposed the idea. Luckily her mother supported her, and saved enough money to buy her a one way plane ticket to Canada. She told Sue "Once you get there, you're on your own." Sue remembers seeing the hope and trust in her mother's eyes, and her mother's faith in her gives her the confidence and strength to get through hard times.

Less than 2 years after she came to Canada, Sue's father was diagnosed with cancer. In the days before the internet, Sue kept in touch with her family via cassette tapes. In his last tape to her, Sue's father told her how proud he was of her accomplishments, and happy that she had proven him wrong. Sue still tears up recalling this. It is this love from her parents that has given Sue strength, compassion and empathy.

Accidental Software Engineer

Supporting herself with restaurant and factory work, Sue completed her Economics degree at the University of Waterloo. In her final year, she interviewed with an information technology firm called Datapoint that was recruiting on campus. Sue's degree was a Bachelor of Arts, with mainly finance and business management courses. She went to the interview to see what might happen, and to her surprise she was offered a job.

After she joined the company, Sue asked her manager why he chose her among so many IT graduates. He said technical skills can be developed through on-the-job training but soft skills like interpersonal communication and initiative cannot be easily trained. Since the software engineer position required interaction with clients, he felt Sue was the right candidate.

Sue repaid this trust by giving it her all. Within six months, she learned skills like writing applications, low level machine language

computing programs and network support to become a full-fledged software engineer. As a visible minority and the only woman in the engineering group, Sue faced much pressure. From working on her accent, developing language skills to clearly express herself, as well as earning the trust and respect of her colleagues and clients, she had to work doubly hard in order to build her reputation.

Advancing on Merit

After joining the management ranks, there was office politics to contend with. Sue focused on doing the right thing for herself and for her employer and letting results speak for themselves.
When Sue made history by becoming the first Asian vice president at IBM, she was most pleased and proud of what her daughter told her. "Mom, your promotion is well deserved. You didn't play office politics and you didn't step on anyone to get to where you are. You did it from your own strength."

At IBM, Sue led an international team of 6000 that spanned North and South America and India, with a budget of $1 billion. She remained down-to-earth and authentic, earning the support and respect of her team through her own hard work and dedication. From her own experience, she fully appreciated the importance of fairness and equality regardless of job title.

Sue has her own take on leadership. She said "leadership is earned, not commanded." She feels that leadership is earned in a long term,

cumulative process. A leader must work with all team members, including those with either similar or those with complementary qualities like hers. A leader fosters team members' strengths while supporting their developments in a fair, respectful and equitable manner. When a decision is seen as unfavourable to some team members, a leader must show empathy to gain the team's understanding and support.

Sue spoke about the beginning of globalization when IBM had to relocate some departments to other countries, affecting job security of some employees. While some people avoided the topic, Sue chose to be transparent with her team. She understood the concerns of those people affected and pledged to do her utmost to support them through the transition. At the same time, she was frank about the need for the team to support the company's strategy to ensure the company's success, which in turn would benefit all employees.

Venturing in Philanthropy

Life gave Sue a tough blow in 2004. Just as her career was at its pinnacle, her husband lost his battle to cancer. Losing a loved one was a big setback and Sue felt she hit rock bottom. At the time when she was feeling deeply depressed, she was invited to join the Board of Yellow Brick House, a charitable organization that serves battered women and children who need housing and other support services. Sue leveraged her management and organizational skills to lead the organization's first, highly successful fundraising gala.

At this gala, Sue met dancers in the community and began taking ballroom dancing lessons. This reignited Sue's passion to learn new skills, making dance a new life goal for her. In helping others, Sue found new meaning in life. In retirement, Sue devotes her time to charity work. She believes that 'we stop living when we stop giving', spending at least 15 hours a week on volunteer work. Yee Hong Centre, Yee Hong Foundation, Toronto Sick Kids Hospital, Hong Fook Mental Health Association are some of the organizations that have benefitted from Sue's planning efforts and participation.

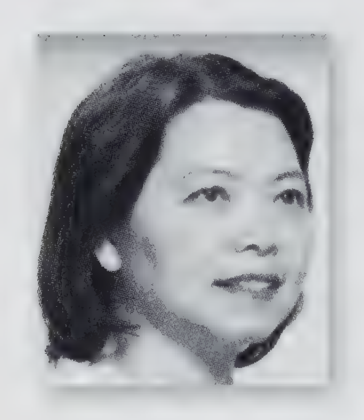
Sue is happy to share her own experience with young people. She has participated many times in activities with organizations like Youth Vision Leadership Program, Chinese Canadian Professionals Association, P. Eng. Iron Ring Ceremony and York University MBA Club as a speaker or a mentor to help young people starting out in their own careers.

Dancing to a Bright Life

From 2013 to 2020 Sue was part of the committee of "Glitter", a signature fundraising event for Sick Kids Hospital. In 2017, Sue partnered with Yee Hong Centre and DNA Dance Workshop to develop the "I can dance" curriculum for Parkinson's patients. Later the program expanded to include seniors with chronic diseases. Sue manages the program, works as a dance instructor and also leads the annual Silver Ball, a fundraiser for dance programs. This year is the sixth year of the Silver Ball.

When asked why she loves dance, Sue says that dance is not only good for our health, it also has special meanings. She sees life as dance, with ups and downs. In life, we face trials and tribulations, just as the dancer would struggle to perfect a dance move. A strong person would overcome life's challenges to shine on the stage of life.

In 2008, Sue was interviewed for an article titled "Rising Against the Wind". Subsequently, when Sue delivered a speech to mentor young leaders, she added "Never give up" to the title. Her message was "Never give up, don't let challenges in life knock you down. When you persevere and rise against the wind, you'll become even stronger."



Master of Ceremonies
Chinese Canadian Legend Award Gala

Ying Lu

Dr. Lu graduated from Queen's University with M.D and M.Sc in 1994. Dr. Lu completed her five-year Ophthalmology specialty training at the Department of Ophthalmology at the University of Toronto with six months Glaucoma subspecialty training under leading glaucoma specialists Professor Graham Trope and Professor Yvonne Buys at Toronto Western Hospital.

Upon finishing her training, Dr. Lu was inducted as a Fellow of the Royal College of Physicians and Surgeons of Canada. She is also a member of the Canadian Ophthalmology Society and a Diplomate of the American Board of Ophthalmology.

Today Dr. Lu is the Head of the Ophthalmology Division at the Scarborough Health Network and an assistant Professor at the University Of Toronto. Dr. Lu is fluent in English, Cantonese, Mandarin and Shanghainese.

On August 24, 2015, Dr. Lu performed the first Laser Cataract surgery at the Toronto Scarborough Hospital, the first Laser cataract surgery done in an Ontario Province Public Hospital. Dr. Lu specializes in laser and cataract surgeries for glaucoma and cataract patients at her clinic in Toronto. She was one of the first ophthalmologists in North America to implant multifocal intraocular lenses (IOLs).

In addition to her clinic and surgical practice, Dr. Lu is an professor at the Faculty of Medicine and the Department of Ophthalmology and Vision Sciences at the University of Toronto where she teaches the next generation of ophthalmologists and physicians . Dr. Lu received the University of Toronto MD Program Teaching Excellence Award in recognition of her outstanding teaching for two consecutive years of 2019 and 2020.

In addition to practicing ophthalmology and teaching, Dr. Lu regularly volunteers for the community including the ORBIS international Flying Hospital, SHN Foundation, Canadian Chinese Legend Association, Annual Canadian Cancer Society fundraising Galas, CareFirst Seniors & Community Service Association, the Mount Sinai Hospital ophthalmology outreach program and Action Chinese Canadians Together (ACCT) Foundation and other charity organizations for her community and country.

For Dr. Lu's achievements and contribution to Canadian society, Dr. Lu is the recipient of Chinese Canadian Legend Award in 2008. In 2019, Dr. Lu was awarded the Ontario Volunteer Service Award by the Ontario Government for her long-standing volunteerism. Most recently on June 10, 2022, Dr. Lu received Queen Elizabeth II Platinum Jubilee Award for her outstanding public service and significant contribution to the community.



Master of Ceremonies
Chinese Canadian Legend Award Gala

Glenn Chan

A long-time volunteer for various charity causes in the community over the past two decades, Glenn is now a full-time volunteer dedicated to helping different charity organizations, including Buddha's Light International Association of Toronto (BLIA of Toronto), Golden Daffodil Chinese Outreach (GDE CCO), Fu Hui Education Foundation and Chinese Canadian Legends Association (CCLA).

Educated in Canada from high school to University as a foreign student, he returned as an entrepreneur immigrant in 1993 and established a successful business here. Yet, he believes in integrating his faith into daily life through kindness, compassion, and sharing with others, especially those in need in the community.

He had been the former President of BLIA of Toronto for 12 years, and from 2013 till now Director of BLIA Headquarter. Since 2005, he joined the Golden Daffodil Endowment Fund (GDEF) to help raise funds for Canadian Cancer Society through the Golden Donation Endowment Canadian Chinese Outreach (GDECCO), serving as Fundraising Chair for multiple years, as well as Co-chair for the annual Golden Daffodil Charity Ball.

Glenn's involvement with CCLA started since 2008 when he became an Award recipient. Through the years, he had served in different roles for the Award Gala, including Production Manager and Operation Chair. In his debut as the Master of Ceremony for CCLA Gala this year, he is thrilled about expanding his capacity and exploring new areas to support charity groups.

His dedication has not only earned him the Ontario Volunteer Service Award multiple times; his achievements and exemplary work also made him a role model for the community and the younger generation.

編者感言

何湯淑芬
紅楓傳奇編輯

紅楓傳奇人物選舉傲然踏進二十二載，共記述了136位獲獎人士的事蹟，一系列盛載了人生甜酸苦辣的傳奇，雖然每輯書的主題各有異，共通點都是記述得獎者的逆境自強、憑愛助人、激勵進取的真人真事。

今屆得獎人各具特色：有的是妙手仁心，珍視每一位病人，以心為心治療病人；有的是苦學生，對逆境從不妥協，努力學習，融匯貫通，以溝通協商圓滿轉變；有的是面對危疾，仍能積極頑抗，並同時幫助其他患者，發熱發光；有的是人頭稅的後人，勇敢面對歧視與不公，不屈不懼，努力爭取達致和諧共贏的社會；有的是時代的記事簿，承先啟後，不偏不倚，以筆觸及鏡頭抓住時代的脈搏；有的是善用專長與興趣，推廣音樂，回饋社會，以相片紀錄涼山貧困兒童的缺乏，藉以鼓勵善心人伸出援心。

總括而言，紅楓傳奇的得獎人物都是值得我們學習，細心品味每篇文章，更令人獲益良多。



編輯簡介 ARTICLE EDITOR

鍾蕙蘭 Connie Woo

Connie has been on the Chinese Canadian Legend Award Organizing Committee since 2007. She is delighted to be working as article editor on this 22nd CCLA issue with writers Annie Qin, Lucy Yang and Louisa Lue-Chan.

In addition to working with Chinese Canadian Legend Award Association, Connie sits on the board of Community Family Services of Ontario (CFSO 家和) and is happy to report that in the last 10 years, the agency has grown over 50 percent in budget and staffing and now offers more services including special needs and disabled services to the Greater Toronto Area community.

As a professional corporate director, having completed the Director Education Program at the Rotman School of Management, Connie served on the Board of CAA South Central Ontario for 12 years, retiring in 2012. Her information technology career spanned close to 30 years with Toronto Hydro Corporation, where she was Vice-President Information Technology and Chief Information Officer.

Connie is proud to be part of the organizing committee for this annual Chinese Canadian Legend Gala, discovering and showcasing everyday heroes in our community. It has been a pleasure to hear firsthand the inspiring stories from the six worthy recipients of this year's Chinese Canadian Legend Award.



作者簡介 WRITER

金綺文 Annie Qiwen Jin

Annie Jin is a freelance writer and translator currently residing in Vaughan, Ontario. With over 20 years of experience in public relations and communications, she has worked in both Chinese and Canadian government sectors, as well as transnational corporate environment.

Throughot her career, Annie has contributed her writings to various media platforms, including Financial Times Chinese, covering a wide range of topics from cultural to social and political issues. Additionally, she has published translation works.

Annie holds a Master's degree in Cultural Studies from Goldsmiths College, University of London, U.K., and a Master's degree in English Language and Literature from Yunnan University, China. In 2002, she was honored as a Chevening scholar.

金綺文目前居於安大略省旺市，從事自由寫作和翻譯。她曾在中加兩國政府部門和跨國企業工作過，在公共關係和傳播領域擁有超過20年的經驗。

她在英國《金融時報》中文網等多家媒體平臺上發表過多篇作品，並出版過翻譯作品。她寫作的範圍涵蓋文化、社會和政治議題。

她曾是2002年英國誌奮領學者，擁有英國倫敦大學歌德史密斯學院的文化研究碩士學位，以及中國雲南大學的英語語言文學碩士學位。



作者簡介 WRITER

余嘉穎 Louisa Yue-Chan

Louisa was born in Hong Kong and moved to Canada in her teens. After getting an undergrad degree in Food and Nutrition at Western University, she completed a dietetic internship at St Michael's Hospital in Toronto.

She has lived in Toronto eversince, where she worked in first, clinical, then later, administrative Dietetics at The Donwood Institute, an addiction treatment hospital. In 1996, Louisa started part time MBA studies at the University of Toronto, where she focused on organizational development and culture.

When Donwood merged with three other hospitals to become the Centre for Addiction and Mental Health (CAMH), Louisa co-chaired a Culture Committee, with representatives from all four hospitals, to understand and bridge all the subcultures of the four hospitals that merged to become CAMH.

Upon graduating from the University of Toronto, Louisa transitioned to occupational health and safety consulting for almost a decade before eventually returning to health care. She worked in operations management at the Victorian Order of Nurses, Canada's largest home and community care, until her retirement in early 2022.

In retirement Louisa keeps busy with Tai Chi, Pilates, hiking, online courses, volunteer work and travels whenever possible. But her greatest joy comes from her three grandchildren who keep her young with their curiosity and imaginative play.



作者簡介 WRITER

楊笑 Lucy Yang

楊笑，資深媒體人。大學中文系畢業後先後在遼寧人民廣播電臺、遼寧電視臺任職編輯、記者工作，曾榮獲中國廣播獎、中國新聞獎等新聞界最高榮譽。移民加拿大後，始終與文字打交道，曾在多家媒體撰寫專欄。現任職《加中時報》總編輯，從事傳統紙媒及新媒體撰寫、編輯、審核工作。因工作關係而有更多機會關注社區、服務社區、參與社會生活，2022年榮獲女王伊麗莎白二世登基70周年白金禧紀念勳章。



Chinese Canadian Legend Award Gala October 29, 2022



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Selection Committee Meeting 2023



2023 Chinese Canadian Legend Award Recipients:

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堅毅造福締傳奇

CHERISH AND SHARE OUR BLESSINGS

The golden maple leaf glows within an encompassing sphere of radiant light, just as our legends thrive amongst endless dedication and perseverance.

金黃色的楓葉在璀璨的光芒中熠熠生輝，正如我們的傳奇在無盡的堅持和奉獻中茁壯成長。

